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Caleidoscope

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4-15-1991

## Caleidoscope 4/15/1991

Marisela Cadena-Smith

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# Caleidoscope

April 15, 1991

Published by the Public Information Office

No. 207

## *This Week on Campus*

Monday, April 15	LUNCH by Homemade Express 11 a.m. - 1 p.m., 2nd floor/CC
Tuesday, April 16	LUNCH by Subway 11 a.m. - 1 p.m., 2nd floor/CC  Tennis Match, 2:30 p.m., Tyler CCCC vs. Tyler Junior College
Wednesday, April 17	LUNCH by Taco Delite 11 a.m. - 1 p.m., 2nd floor/CC  Baseball Game, 2 p.m., Plano CCCC vs. Eastfield College
Thursday, April 18	LUNCH by Grandy's 11 a.m. - 1 p.m., 2nd floor/CC  Scheduling meeting for the John Anthony Theatre 3 p.m., F110/SCC
Friday, April 19	Baseball Game, 1 p.m., Vernon CCCC vs. Vernon College
Saturday, April 20	Baseball Game, 1 p.m., Vernon CCCC vs. Vernon College (DH)

## *Announcements*

This week on CCCC's "Caleidoscope":  
*Forensics Award-Winners*

Guest: Margie Vaughn, CCCC  
Forensics Student  
Jeff James, CCCC  
Forensics Student

Moderator: Shelley Lane

Air Time: Channel 35, Plano Telecable  
Monday, April 15, 5 p.m.  
Friday, April 19, 7:30 p.m.

\*\*\*\*\*

Wellness Week is April 22 - 27

See back page for full details.

## "Celebration" Seeks Auction Donations

CCCC students will be the beneficiaries once again when the CCCC Foundation hosts "Laughter, the best medicine" as its second annual charity auction event Friday evening, April 26, at Plano Centre.

The donation of items for auction by CCCC faculty and staff made a major contribution to the success of the 1990 auction.

"We were able to endow the \$6,500 John Anthony Scholarship as a direct result of employee support of last year's charity auction," said Dr. John Beitzel, chair of the CCCC Foundation, Inc.

Faculty and staff are invited to donate items to the 1991 auction. Those who desire to make a donation or volunteer to solicit an item or items for the auction should call Shari Swift at ext. 6611.

"This is a way in which every employee can feel comfortable in supporting the work of the Foundation because proceeds of the auction go directly to benefit CCCC students," Beitzel said.

A donation form is in this issue.

The 1991 LRC/Library survey results have been compiled and listed in this issue of the Caleidoscope.

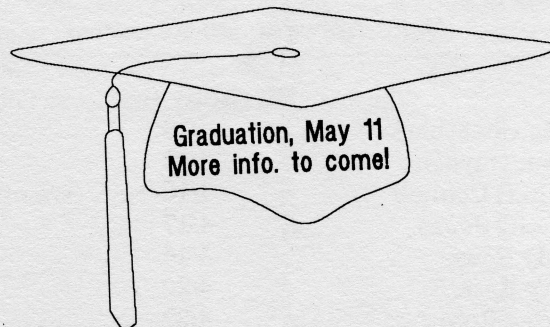
\*\*\*\*\*

It's time for the annual Staff Survey! Please read the attachment to the Caleidoscope.

\*\*\*\*\*

The CCCC Jazz Choir will present "An Evening of Vocal Jazz" at 8 p.m. Friday, April 18, in the John Anthony Theatre/SCC. The concert is free and open to the public.

\*\*\*\*\*





*Everyone is cordially invited  
to the second annual  
Student Leaders Reception  
Wednesday, April 17, 1991  
6 - 8 p.m.  
Student Lounge (F103)  
Spring Creek Campus  
Featuring the  
Unveiling of 'The Wall,'  
a mural designed and painted by  
CCCC art students & faculty,  
at 7 p.m.*

*R.S.V.P. regrets only: 881-5788*

### Teleconferences

Title: "Children in Poverty: What's to Be Done?"  
Time: 6:30 - 8 p.m.  
Date: Tuesday, April 16  
Place: Bijou II  
Cost: FREE

Title: "Physics Supersymposium"  
An invitation to learn from experts in the  
fields of physics and astronomy.  
Time: 3 - 4 p.m. (each day)  
Dates: Thursday, April 16, 18, 23, 25  
Place: Bijou II  
Cost: FREE

Title: "Energy Supply-Demand Balance"  
Discussing U.S. energy policies.  
Time: 12:30 - 3 p.m.  
Date: Monday, April 22  
Place: Bijou II  
Cost: FREE

For more information about teleconferences, please  
call Wendy Burton at ext. 5828.

### Notes from Human Resources

#### **Happy Birthday to:**

Craig Cheatham	4/16
Karen Hayden	4/16
Kevin O'Connell	4/16
Dorothy Jones	4/17
Cindy Rowe	4/18
Larry Beck	4/20
Shirley Rutz	4/22

On Saturday, April 6, the history department  
held its fifth annual history fair at Spring Creek  
Campus. Larry Collins was the regional director of  
the fair and the following staff served as judges:

Matt Coulter	Randy Watson
Joe Jaynes	Glenn Slater
Sam Tullock	Mary Roper
Joan Jenkins	Rodney Boyd
Yvonne Johnson	Don Kagay
Carole Lester	Karen Newman
Margaret Drago	Sandy Heinemann
Harriet Schwartz	Jo Anne Stevens
Carol Worsnop	Mark LeMaster

Gordon O'Neal, Deanna Wilson and Linda Morris  
have been judges for five consecutive years.

A special thank you to Mary Culberson and the  
Student Development Office for their assistance with  
registration and to Ruth Donlop, John Holley and  
Donna Lyall for answering the phone and preparing  
the materials for the history fair.

### Staff Development Activities

The last week of April is Mathematics Awareness  
Week during which mathematicians throughout the  
nation participate in a variety of activities to  
highlight the value of mathematics. President  
Reagan inaugurated Mathematics Awareness Week  
in 1986 by signing an official proclamation.

\*\*\*\*\*

Thirty-four faculty and staff representing all  
levels of CCCC employees attended the Spring  
Retreat April 5 - 6 at Lake Texoma Resort. The  
retreat was very productive and reports from the  
break-out groups at the retreat are being compiled  
and will be made available to all staff. The persons  
who attended the retreat have committed to  
communicate the spirit and substance of the retreat  
to everyone.

\*\*\*\*\*

Dr. Chris Parr, dean of undergraduate students  
at the University of Texas at Dallas, will be visiting  
Spring Creek Campus to discuss expected changes in  
admission criteria for UTD.

Date: April 15, 1991

Time: 1:30 p.m.

Place: B218/SCC

If you have any questions or concerns regarding  
transfer students to UTD, please plan to attend.



## Staff News

Lynda Hodge has been presented with the Padgett Award from the Dallas Society for Visual Communications. It is the most prestigious award that this professional advertising group gives.

She received an all expense paid trip to Aspen, Colorado, where she will attend a national conference on advertising.

\*\*\*\*\*

Shelley Lane's paper, "What is the Role of the Speech Communication Professional in Working with At-Risk Students?," has been selected for presentation at the Speech Communication Association Summer Conference about at-risk students. It will be in Huntington Beach, VA July 10 - 14.

\*\*\*\*\*

SUCCESS (Students Utilizing Collin County's Educational and Service Systems) contributions continue to be received from local businesses and students are reporting great experiences at their volunteer agencies. At a recent Advisory Board meeting, students gave testimonials to the program which reinforced the community's positive feelings about SUCCESS. Our students want to affect the lives of others in the communities in which they live, work, go to school and play. When SUCCESS students told the board members about their experiences in the program, it was clear that the students, the organizations for which they worked and the populations these organizations served collectively benefitted from the program.

To date, the SUCCESS consortium has received contributions representing 3,240 volunteer hours to support CCCC students in their community service endeavors.

\*\*\*\*\*

Barbara Money, Stephanie Ingram and Billie Collins presented a session titled "College and Careers: Choosing an Avenue," at the Texas Association of College Admission Counselor's Conference in San Antonio. The session was presented to high school, community college and four-year institution counselors explaining the importance of beginning on the right track to get a foundation for the future.

\*\*\*\*\*

Because of CCCC's membership in the North Texas Community/Junior College Consortium, one CCCC faculty member can attend Dallas County Community College's five-day summer conference called Renewal Week. Cost of the conference will be paid by the applicant and the applicant must agree to help plan future NTC/JCC retreats. Call Tom Rodgers at ext. 6882 for more information.

"A great big THANKS to all of you who helped me look for my lost braclet at the retreat. I was crushed at the prospect of having lost it -so much sentimental value. Your efforts and concern mean a great deal to me." P.S. I found it!!!

Billie Cunningham

\*\*\*\*\*

Steve Ellis, has been published in the *Community College Journal - Quarterly of Research and Practice*. He reviewed Robert Proctor's "Education's Great Amnesia: Reconsidering the Humanities From Petrarch to Freud: with a Curriculum for Today's Students."

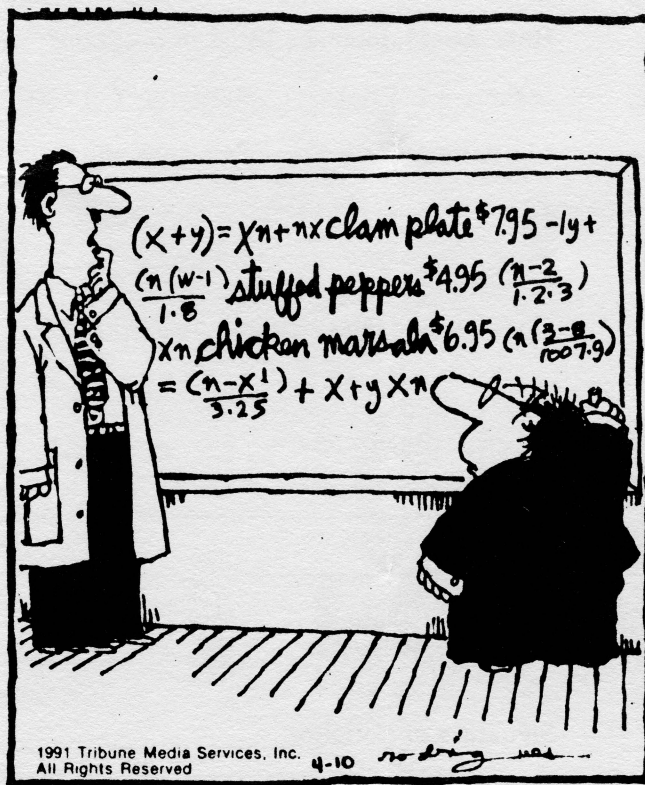
\*\*\*\*\*

Rebecca Philen has received the distinction of April Wellness Member of the Month. Rebecca is a student in the physical education walking and fitness class and also is a member of the Wellness Program. She received a Wellness Express t-shirt for achieving this distinction.

## Cartoon Corner

CHARLIE

By Rodrigues



"Charlie, can you tell me why 'blackboard specials' keep cropping up in your binomial theorems?"



# THE FOUNDATION FOR EXCELLENCE

**Collin County Community College Foundation, Inc.**  
2200 W. University Dr. ☎ McKinney, Texas 75070 ☎ 214-548-6611

## 1991 "CELEBRATION OF EXCELLENCE" SCHOLARSHIP AUCTION SPONSOR FORM

Item Donated: \_\_\_\_\_ Market Value: \$ \_\_\_\_\_

Donor's Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ City

\_\_\_\_\_ State

\_\_\_\_\_ Zip

Telephone: (    ) \_\_\_\_\_ Contact Person: \_\_\_\_\_

How should donor be listed in program? \_\_\_\_\_

Is there a (    ) ticket (    ) letter or (    ) certificate to accompany your donation?

Limitations: (Number of persons allowed; time of year; expiration date, etc.)

\_\_\_\_\_  
\_\_\_\_\_

Does item have to be picked up/when? \_\_\_\_\_

\_\_\_\_\_

Other pertinent details: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of Donor: \_\_\_\_\_

Signature of Solicitor: \_\_\_\_\_

Date: \_\_\_\_\_

**Thank you for your generous support of the CCCC Foundation Scholarship Auction!**

**COLLIN COUNTY COMMUNITY COLLEGE  
1991 LRC/LIBRARY SURVEY: SUMMARY OF RESULTS**

In February, surveys were administered in the LRC/Library at both campuses. 851 surveys were completed, 438 at the SCC and 413 at CC. Males accounted for 45% of the responses, females for 55%, reflecting college enrollment. 48% of the respondents were age 22 or under. 18% were 23-29, 14% were 30-39, 14% were 40-49, and 8% were age 50 or over.

74% of the respondents were students using library services.

12% were students in the library only to attend class.

10% were faculty or staff.

6% were community members. (Some respondents checked more than one category.)

63% of the respondents completed the survey in the morning, indicating a higher usage of LRC services in the morning than in the afternoon or evening.

Students were asked how they found out about LRC/Library services.

40% said they visited the LRC/Library on their own.

25% said instructors had told them about services.

13% took a class tour, 13% talked to other students and 9% checked "other."

**Students rated all factors related to the LRC positively using a scale of 1-5, 5 being the highest.**

Physical Environment/

atmosphere 4.45

Reference Help 4.38

Computer Catalog 4.23

Hours of service 4.18

Circulation/Check-out 4.18

Audiovisual Services 4.17

Interlibrary Loan 4.04

Periodicals (magazines) 4.04

Collection of books 4.01

Videotapes 3.98

86% of the respondents said they could find useful materials in the LRC.

9% said they had to go to another library.

In response to the question **"What materials were you not able to find?"** 84 respondents from CC and 68 from SCC listed: information, books, periodicals, videos, equipment, and miscellaneous. Specific areas listed were: Black History, nutrition, medicine and income tax. Unfound "Periodicals" included newspapers, popular magazines, and scholarly journals. "Books" not found were often unspecified as to type. Computers and copiers were cited as insufficient.

**84% of the respondents indicated they had asked for help when using the library.**

**99% said they were satisfied or very satisfied with the courtesy and helpfulness of the staff.**

When asked to cite improvements needed, students listed: longer hours, more books (little specificity about what books), better working and/or easier to use computers and copiers, more work space, more videos, and less noise at SCC. (Noise level from classes interferes with concentration.) Most comments written in response to this question were statements of praise for the LRC/Library: "It's great!", "I have found everything I've ever needed - - very satisfied overall!" "I was very impressed by both your staff and services!" "I was able to find things here that I couldn't at several public libraries."



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## TIME FOR THE ANNUAL STAFF SURVEY: DOES YOUR OPINION REALLY MATTER?

Every year about this time, the Office of Institutional Research conducts a staff survey to find out how employees feel about various aspects of the college. This year's version has been revised with the help of a sub-group of the All-College Council. The survey provides an opportunity for you to express your opinions, offer suggestions for improvements, and evaluate offices, programs and services.

While over the years, the general view of the college portrayed by survey respondents has been quite favorable, there have been recommendations for improvement. Some examples of recommendations which have been actually implemented include the following:

**Adjuncts:** Many comments were received, pointing out the need for better support for part-time faculty. Adjuncts are now provided desk space and typing service, are included in orientation and on the All-College Council, are invited to participate in text-book selection and can attend open sessions. An adjunct faculty manual has been developed and is provided to all part-time faculty.

**Inter-campus concerns:** At least partly as a result of comments written on staff surveys, attempts have been made to equalize the two campuses by locating certain programs at Central. The Nursing program, for example, is concentrated at CC. Other changes at Central Campus include classes scheduled only four days/week (M-W and T-Th), vendors providing food service Monday-Thursday, and the employment of a full-time student activities person resulting in an increase in student activities.

**Career development:** A frequent concern expressed by respondents relates to career development. A new position, manager of employment compensation and classification, has been added to address reclassification issues. Workshops have been added each semester to explain the classification process. All-college awards provide incentives for staff. A consultant has recently been hired to review salary schedules and propose a possible merit pay schedule.

These changes and many more came about because people like you brought needs to the attention of administrators. Survey results become documented evidence of both satisfaction and dissatisfaction. If enough people identify a particular item as needing improvement, the case is made stronger for action. The case is also made stronger when there is a high survey response rate. Last year only 15% of the staff completed and returned the survey. We can do better!

**YOUR OPINION DOES MATTER!** But it matters more if you share it.

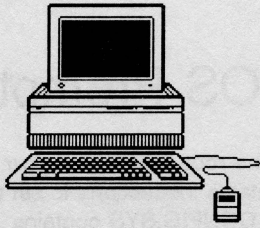
Staff surveys will be sent to you in the following week. Please take 20 minutes to fill it out and return it to the Office of Institutional Research. Results will be tabulated and summarized for publication.

**THANKS FOR YOUR HELP !!**

Office of Institutional Research 487

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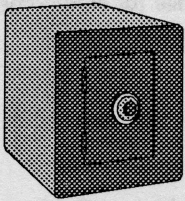




# Collin County Community College ACADEMIC COMPUTING SERVICES

April 15, 1991

Volume 2, No. 5



## PC Security

How can you keep your confidential data from unauthorized intrusion? In the past, your option was to keep critical data on floppies locked away and maintained as good, up-to-date backups. A new product has been released that safeguards your files on your hard disk from theft or intrusion so no one can access your data.

DiskLock, published by Fifth Generation Systems, provides access restriction to computer data on hard disk drives. The product provides security through several strategies:

### Reliable data protection

- ☛ Allows you to lock individual directories or files without locking the hard drive.
- ☛ Allows you to invoke multiple levels of security with a "primary" password to protect highly confidential data and a "secondary" password for less sensitive data.

### Automatic protection

- ☛ Once installed, it works automatically.
- ☛ The "Unattended Lock Feature" automatically locks your PC after an idle period of time (from 1 to 60 minutes).

### Advanced features

- ☛ Logs all unauthorized entry attempts and reports them.
- ☛ Encrypts (rewrites them in a secret code) files which require a primary password.

### System requirements

- ☛ IBM PC, XT, AT, PS/2, or compatible
- ☛ MS-DOS and PC-DOS 2.1 to 4.01
- ☛ 512K RAM

The cost for DiskLock is approximately \$90. Please call ACS if you are interested in more information.

## ACS Courses

### Introduction to Computers:

May 6 and 8  
Spring Creek Campus, J121  
3:30 - 5:00 P.M.

### Introduction to MS/DOS:

May 13 and 15  
Spring Creek Campus, J121  
3:30 - 5:00 P.M.



## DIRECTORY

**BAKER, Bill** ..... 5768  
*Software/Hardware Support*

**CHEATHAM, Craig** ..... 5769  
*Technical Support*

**CHOW, Charles** ..... 5877  
*Spring Creek Lab Manager*

**FARRAR, Susan** ..... 5844  
*Director*

**HAMPTON, Dinah** ..... 5766  
*Secretary*

**HENDERSON, Fred** ..... 5767  
*Network Support*

**O'CONNELL, Kevin** ..... 6877  
*Central Campus Lab Manager*

**B-WING (B217) OPEN LAB** 5986

## WordPerfect: Adding 'Page x of y'

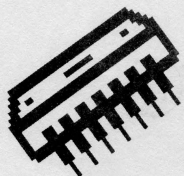
In multi-page documents, it is sometimes desirable to use the page numbering style of *Page of 5*. To implement, go to the last page of your document and press ALT-5 (Mark Text menu), R (Cross-reference), and T (Target). Enter 'LASTPAGE' as target name. Go to the top of your document and press SHIFT-F8, 2 (Page), and select header or footer. Enter SHIFT-F6, then type "Page", press CTRL-B (^B should be inserted), and then type "of." The string should look like this:

Page 1 of

Press ALT-F5, R (Cross-reference), R (Reference), P (Page number), and then press ENTER. After completing the document, generate it by typing ALT-F5, G, G, Y.

At this point, the number of the page on which the "LASTPAGE" reference appears will be inserted in the header where you marked the reference.

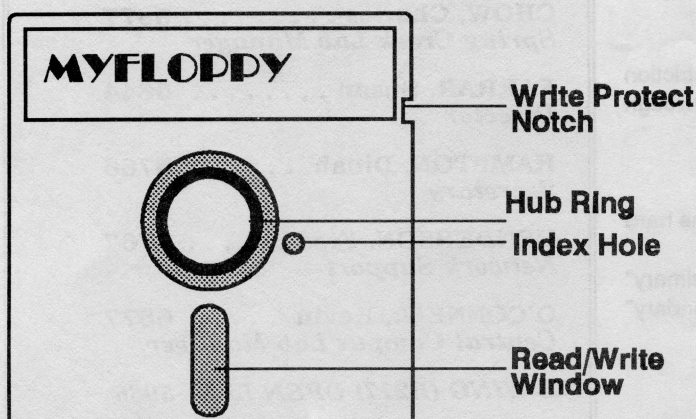




## Tech Notes

### Floppy Disk Handling Procedures

Floppy disks are one of the most vulnerable parts of the computer system and they require special handling. The floppy disk is an oxide-coated mylar film which is cut into a disk resembling a phonograph record. The disk is packaged into a square plastic or paper envelope. The hub ring is where the disk drive clamps the diskette and rotates the disk, similar to a turntable spindle. The hole in the vinyl cover is the index hole which is used to indicate to the computer where the disk is in its rotation. The write-protect notch will not allow information to be written from the diskette when it is covered with tape. The read/write window allows the drives read/write head (similar to a phonograph needle) to access the diskette.



Floppies require special handling. Here are some rules to protect you data:

- ⇒ Don't bend or crease the plastic disk material
- ⇒ Don't attach notes to the disks with paper clips
- ⇒ Don't set parts or paperweights on floppies or stack them more than ten high
- ⇒ Keep your disk at least 6" away from a device or wire that carries electricity or a magnetic field (e.g, telephone or typing stand)
- ⇒ Remove floppies from drives before turning computer off
- ⇒ Label all disks. Never write on the case of a disk with a ball-point pen or pencil. Be careful not to cover any of the openings on the disk with the label
- ⇒ Store floppies in a container which protects them from dust and in which they may stand on edge
- ⇒ Coffee, cola and other foods should be kept away from floppies—they are very difficult to clean

Remember, ACS does have tools which may, in some cases, help recover lost data from damaged diskettes.

## DOS Tricks:

### Changing your DOS Prompt

When you boot your PC, a file in the root directory of your hard disk called AUTOEXEC.BAT contains instructions to set up your environment. Another file called CONFIG.SYS contains parameters to set up your system. We are going to modify these two files to enhance your DOS prompt.

In WordPerfect, modify your CONFIG.SYS file (or create one if it doesn't already exist) so that it contains the following:

```
FILES=20
BUFFERS=20
DEVICE=C:\DOS\ANSI.SYS
```

When you use one of these special prompts, add the following line to your CONFIG.SYS file:

```
SHELL=C:\COMMAND.COM C:\DOS /P /E:800
```

Save the file as an ASCII file by entering CTRL-F5,3,1 and then the file name 'C:\CONFIG.SYS.' Next, you must modify our AUTOEXEC.BAT file or create one if it doesn't exist. Use the same instructions to create and save this file as you did with CONFIG.SYS. The following is the minimum information that should be in AUTOEXEC.BAT.

```
ECHO OFF
PATH=C:\;C:\DOS;C:\WP (lists all the directories you regularly use)
PROMPT $P$G
```

Try replacing the PROMPT command line in your AUTOEXEC.BAT with some of the following commands (don't press return while typing the command, let the line WRAP around). Be sure to type the command just as it appears. Substitute a space for each # sign. Items in French braces "{ }", are to be entered by holding down the ALT key and entering the 3-digit code while the ALT is pressed; only the number keypad may be used for entering the 3-digit codes.

#### I Love PC Computing (with red banner):

```
PROMPT $E[1;37m####{ALT-219}{ALT-219}$E[0;31m{ALT-219}{ALT-219}{ALT-219}{ALT-219}{ALT-219}{ALT-219}{ALT-219}{ALT-219}$_E[1;37mI $E[0;31m^C$e[1;37mPC$e[0;31mComputing$e[1;37m$_$p$g
```

#### PC with HELP flashing on the screen:

```
PROMPT $e[2C{ALT-201}{ALT-205}{ALT-205}{ALT-205}{ALT-205}{ALT-187}$_ $e[2C{ALT-186}$e[5;31;42mHELP$e[0m{ALT-186}$_ $e[2C{ALT-200}{ALT-205}{ALT-205}{ALT-205}{ALT-205}$_###{ALT-223}{ALT-223}{ALT-223}{ALT-223}$_ $e[5;31;47m {^L.T-223} $e[0m$e[32;47m{ALT-223}{ALT-223} $e[30m{ALT-204}{ALT-185} $e[0m $p$g
```

#### Bart Simpson and "command me, dude":

```
PROMPT $e[1;33m{ALT-179}\ \ \ \ {ALT-179}$_ $e[6c{ALT-179}###$e[5;36m0 0$e[1;33m)_C$e[6C_)$_#{ALT-179}$e[31m,_ $e[1;33m{ALT-179}#Command me,#dude!$_#{ALT-179}###/##$e[m
```

Have fun! Give us a call if you run into problems or would like more information on how these PROMPT codes work.

# COMMITMENT TO WELLNESS

Spring 1991 • April 22 - 27  
Collin County Community College

## Blood Pressure Checks

4/22 7:45 a.m. CC B207  
noon SCC A217

The American Heart Association indicates that nearly 60 million Americans have high blood pressure. Many do not know that they have the disease. Although one assessment cannot diagnose hypertension, it can alert you to potential problems concerning your health.

## Visits to Children's Presbyterian Hospital

4-22 9 a.m., noon, 3 p.m. SCC Atrium  
These visits to Children's Presbyterian Hospital will feature CareFlight helicopters and emergency medical services.

## Aerobic Benching Demonstration

4/22 11:15 a.m. SCC Atrium  
Benching is becoming as popular as cross-training and the results are exceptional. It's fun, challenging and adaptable to any fitness level.

## Career Imaging: The Look of Success

4/22 2-4 p.m. SCC Conf. Ctr.  
Valerie Hodges, Licensed Cosmetologist, New Image

Do you have what it takes to succeed in your career? Personal grooming and care can make all the difference in how people perceive you. Caring about your appearance says that you care about your job performance. Attend this informative workshop and learn how to put your best look forward!

## Helping Smokers Get Ready to Quit

4/22 6-10 p.m. SCC A217  
4/29 6-10 p.m. SCC A217  
5/6 6-10 p.m. SCC A217

Beverly Tremain, Wellness Director, CCCC  
Current research indicates that smokers are able to quit only on their own time and in their own way. This approach does not use guilt and intimidation, but encourages each smoker to put together his or her own individual plan for smoking control. Registration is required. Fee is \$10.

## Senior Citizens Day

4/23 9-11 a.m. SCC Conf. Ctr.  
Participants will be taken on a tour through CCCC's Spring Creek Campus. Highlights will include the library, fitness center, photography, art, music classes and continuing education. Refreshments will be served. Registration is required.

## Is Your Office A Safe Place to Work? Video Display Terminal Issues

4/23 noon SCC F110  
Susan Farrar, Director of Academic Computing, CCCC

Recent research indicates that excessive use of video display terminals can cause physical abnormalities such as miscarriage, eyestrain and muscular disorders. There are certain precautions that one can take to reduce the risk of developing any problems.

## RelaxAbility

4/23 2-3 p.m. SCC Conf. Ctr.  
Beverly Tremain, Wellness Director, CCCC  
The ability to control your relaxation response is completely within your power. Short daily practices of proper breathing, posture and mental thoughts provide a framework for the ability to relax. Casual dress is suggested.

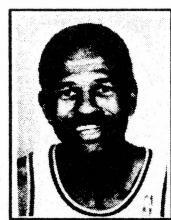
## Supermarket Tour

4/23 6:30-8 p.m. Tom Thumb-Page at Park & Preston, Plano  
Joann Carson, Registered Dietician  
Wondering which foods to buy as you stroll the aisle of your local supermarket? Get the answers in a fun-filled tour of a Tom Thumb-Page store. You will discover how to get more nutrition for fewer calories, with less cash and in less time. Registration is required. Fee is \$15.

## Blood Chemistry (Total Cholesterol)

4/24 7:30-8:30 a.m. SCC A217  
4/26 7:30-8:30 a.m. CC A117

Have your blood cholesterol levels checked to determine your risk for cardiovascular disease. Participants should fast for 12 hours prior to test. Registration is required. Fee is \$18.



John Lucas, former NBA Houston Rocket star

## R for Business: Put the Brakes on Runaway Health Care Costs

4/24 8:30 a.m. - 3 p.m.  
SCC Conf. Ctr.  
HCA Medical Center  
This seminar is targeted to small and medium-sized businesses seeking to curb spiraling health care costs. Topics include cost-saving programs,

drug and alcohol abuse awareness, and a keynote address by John Lucas, president of Lucas Fitness Systems. Contact the Institutional Advancement Office for more information at 881-5611. Fee is \$35 (includes lunch).

## R Collin County Health Expo

4/24 9 a.m. - 1 p.m. SCC Atrium  
CCCC, Science and Health Division  
Exhibits, information and demonstrations will be offered by area health care providers and groups providing health and wellness services to business. Exhibitors will include North Texas Medical Center of McKinney; Children's Presbyterian Hospital, Plano; Baylor Medical Center; and HCA Medical Center of Plano. The expo is open to the public without charge.

## Breast Self-Examination Seminar

4/24 noon SCC A217  
Kim Farrell, Susan G. Komen Breast Center  
Most lumps in the breast are discovered during self-breast examination, which should be done on a monthly basis. This simple procedure is a must for preventive maintenance and a priority for all women.

## Hypertension: The Silent Killer

4/24 noon CC A117  
Richard Boatman, M.D., Internist  
Learn the causes and consequences of hypertension. Approximately 30 percent of people over the age of 50 are hypertensive. It is often called the "silent killer" because many individuals do not know they have it.

## Child Abduction: Fingerprinting & Video

4/24 3-7 p.m. SCC Conf. Ctr.  
Beverly Tremain, Wellness Director, CCCC  
What would you do if your child were missing? Take the time to have your child videotaped and fingerprinted. This can serve as a valuable tool to law enforcement agents in the event your child is abducted. Tapes will be provided.

## Child Abuse Seminar

4-24 6-7 p.m. SCC Conf. Ctr.  
North Texas Medical Center  
A seminar dealing with the occurrence and effects of child abuse in the north Texas area.

Call Beverly Tremain to register.  
(Except as noted, for R events)

(214) 881-5777

## Culinary Hearts Cooking Class

4/24-25 6-8 p.m. SCC F110  
Meghan O'Donnell, Sport Nutritionist, Fitness Designs  
Learn the risks of the American diet and how to reduce your risk for heart disease. You will also become more knowledgeable about your cooking style and how it can be a predominant factor in developing heart disease. Registration is required. Fee is \$15.

## Mammography Screening

4/25 7 a.m. - noon SCC, East of Tennis Courts  
5/31 7 a.m. - noon CC, Parking Lot (South)  
Breast cancer will strike one in 10 women and the chances of recovery are heightened with early detection. Get a mammogram! Pre-registration is required. Fee is \$60. Call 1-800-422-9567 to sign up.

## Asthma Seminar and Screening

4-25 9-11 a.m. SCC Atrium  
Baylor Medical Center  
Diagnosis and maintenance information on asthma will be available.

## Karate Demonstration

4/25 10:45 a.m. SCC Atrium  
Diana Worthen, 1st Degree Black Belt, Wado Shinzen-Kai  
Envision the dedication, self-respect and determination that is required of karate students. Learn the beauty of this true art form.

## Diabetes Issues

4/25 noon SCC F110  
Nancy Neaves, R.N., Diabetes Educator  
Approximately 830,000 Texans suffer from diabetes. The cost for diabetes runs almost \$20 billion annually in the U.S. Know the warning signs, the risk factors and the dangerous toll of diabetes.

## Stress Test Demonstration

2/25 2 p.m. SCC A217  
The most common form of cardiovascular fitness testing is the stress test. This is an excellent learning tool for the health science major or for someone wanting to learn more about fitness.

## Energy Engineering: Innovation for High Energy Performance

4/26 1-3 p.m. SCC Conf. Ctr.  
Michelle Burris, R.D.  
Learn the secrets of fine tuning your mind and body to meet and beat today's stresses. Recharge your mind and body in this informative workshop that teaches you the art of self-empowerment. Fee is \$15.

## R Laughter, the Best Medicine

4/26 6:30 p.m. Plano Centre  
The CCCC Foundation presents the second annual *Celebration of Excellence*, an evening of comedy and entertainment by HBO comedienne Paula Poundstone. Join in their signature auction benefiting the CCCC health care programs. Table reservations available through the Institutional Advancement Office at 881-5611. Student tickets available through the Student Activities Office.



Paula Poundstone, Comedienne

## R CME Conference

4/27 8:30 a.m. - 1 p.m. SCC, John Anthony Theatre  
This continuing medical education seminar will feature Dr. Waenard Miller, Jr., M.D., F.A.C.C., speaking on "Update in Cardiology...Diagnosis and Intervention." Fee is \$130.

CC - Central Campus  
2200 W. University Drive, McKinney  
SCC - Spring Creek Campus  
2800 E. Spring Creek Parkway, Plano