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Caleidoscope

April 22, 1991

Published by the Public Information Office

No. 208

From the President's Office

The April 23 Administrative Staff was cancelled, the April 26 All Staff meeting has been changed to May 3 at 3 p.m. in the John Anthony Theatre and the April 23 board meeting is at Central Campus.

This Week on Campus

Monday, April 22	Wellness Week Mathematics Awareness Week LUNCH by Homemade Express 11 a.m. - 1 p.m., 2nd floor/CC
Tuesday, April 23	LUNCH by Subway 11 a.m. - 1 p.m., 2nd floor/CC Baseball Game, 2 p.m., Dallas CCCC vs. Brookhaven College
Wednesday, April 24	Collin County Health Expo 9 a.m. - 1 p.m. - Atrium/SCC LUNCH by Taco Delite 11 a.m. - 1 p.m., 2nd floor/CC Staff Dev. Task Force Meeting 3 p.m., LRC/CC
Thursday, April 25	LUNCH by Grandy's 11 a.m. - 1 p.m., 2nd floor/CC
Friday, April 26	Celebration of Excellence "Laughter, the best medicine" Paula Poundstone/Auction 6:30 p.m. - Plano Centre Baseball Game, 1 p.m., Plano CCCC vs. Richland College (DH)
Saturday, April 27	Baseball Game, 1 p.m., Plano CCCC vs. Richland College

The third annual CCCC rodeo was held this past weekend. A record number of 305 contestants participated.

The Rodeo Club members and sponsors would like to thank all staff, faculty, parents, friends and students who gave their time and energy to help make the rodeo a huge success.

This week on CCCC's "Caleidoscope":

How to Make a Dynamic Presentation

Guests: Ralph Long, CCCC speech and communications professor, director of forensics
Kathy Lingo, CCCC speech and communications professor, director of forensics

Moderator: Mary Rabaut

Air Time: Channel 35, Plano Telecable
Monday, April 22, 5 p.m.
Friday, April 26, 7:30 p.m.

"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.

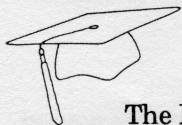
"We were able to endow the \$6,500 John Anthony Scholarship as a direct result of employee support of last year's charity auction," said Dr. John Beitzel, chair of the CCCC Foundation, Inc.

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.

Please announce to your students that Paula Poundstone will be at Plano Centre, Friday evening, April 26. Doors open for student ticket holders at 8:45 p.m. for the 9 p.m. performance. Student tickets will be on sale in the Student Activities Offices on both campuses the week of April 22. The cost is \$10 each.

Student work from CCCC Painting I, II classes is on view at the Frankford-Renner Library at the corner of Preston Road and Davenport in Plano. The show runs through April.

At the Richardson Annual Invitational Art Society Show, third place went to Vicki Midyett, CCCC Printmaking student, for her mutiplat etching, "Iris Medley Series II." The show will be in the Richardson Library through April 20.



Graduation Information



The Registrar's Office, in cooperation with the Special Events Task Force, is planning CCCC's fifth graduation ceremony. Based on applications and current enrollments, the '90 - '91 graduating class will include 87 students with associate of art degrees, 24 with associate of science degrees, 48 with associate of applied science degrees, and 19 completing certificates. Previous graduating classes:

1987	7 students
1988	41 students
1989	82 students
1990	102 students

Of the 178 students that are eligible for graduation and certification in 1991, approximately 85 will participate in commencement exercises to be held Saturday, May 11 in the John Anthony Theatre.

Ms. Nancy Brinker, founding chair of the Susan G. Coleman Foundation, will deliver the commencement address and the musical presentation will be provided by Dr. Brian Allison and a student trio. Arrangements for academic regalia are being handled by the college bookstore, and the Special Events Task Force is coordinating reception arrangements. Faculty are reminded that grades for graduates are due earlier than other grades so that grade point averages can be calculated for graduation requirements and honors. Special grade rosters will be distributed to affected faculty and are due to the registrar by Thursday, May 9.

The Staff Development Program is in need of faculty and staff volunteers to help implement a new mentor program that would help welcome and orient the fifteen new faculty members that will join us this fall. We will match each new faculty member with a teaching and non-teaching staff member. In the future, we hope to enlarge the program to provide mentors for all new employees. Being a mentor would mean:

- *Introducing the newcomer to others you know
- *Answering questions
- *Spending some lunches or coffee breaks together
- *Being a friend.

If you are interested and want more information, please call Tom Rodgers at ext. 6882 or Darla Murphy at ext. 6608.

Notes from Human Resources

Happy Birthday to:

Shirley Rutz	4/22	Steven Afendis	4/25
Karen Rose	4/26	Judy Godwin	4/28
Stephanie Meinhardt	4/27		

Staff News

Barbara Eubanks, director of co-op, and Paula Roman, coordinator of S.E.E., presented a two-day workshop at Skyline College in San Bruno, CA on April 11 - 12. The presentation was based on the BEACON award-winning program S.E.E. (Students with Education and Experience), a co-op based retention program for the at-risk student. Participants of the workshop were primarily from the San Francisco Bay area, including representatives from various community colleges, high schools and public agencies.

The program was hosted by Mr. Chester Jones, director of co-op at Skyline College.

Shelley Lane attended the national executive committee meeting of the Association for Communication Administration on April 13 in Chicago.

Mike Broyles submitted a teaching tip to *Great Ideas for Teaching Physics*. His suggestion will be included in the volume to be published in April.

Anita Comley, nursing instructor, has been chosen by the Nurse Oncology Education Program, funded by the Texas Cancer Council, to attend a two-week seminar on nursing care for cancer patients in May. The seminar will be held at the University of Texas M.D. Anderson Cancer Center in Houston and will include lectures, clinical practice and discussion on current state-of-the-art issues in cancer nursing. Topics will include latest treatment options and side effects, screening assessment skills, holistic care of the person with cancer and an emphasis on incorporation of seminar material into academic curriculum. Anita was among 14 nursing faculty in the state to receive full scholarships to the seminar.

Shera Darby, Jackie Shiker and Gloria Cockerell attended workshops pertinent to the fashion industry at the Dallas Apparel Mart April 13. Students from the fashion programs at CCCC and Plano High School also attended the day-long series, which ended with a fashion show. Ms. Darby, who is to instruct the fashion show production course beginning fall, 1991, will also represent CCCC at the annual fashion show by the Plano Symphony Orchestra at the Plano Centre April 23.

1991 Spring Fling Variety Show Results

- 1st place (\$100): Dancers Express
(Jazz Dance to "Vanishing")
2nd place (\$50) Alex Spitzer & Tamara Gamino
(Modern Dance to "Show Me the Way")
3rd place (\$25) Tara Raquel Wafer
(Vocal Solo to "Vision of Love")

Congratulations to our winners and to our other participants, Penni Van Zandt and Rosemary Toney.

Special thanks to our technical crew, CCCC students: Michelle Bray, stage manager; David Hart; Jennifer Newton; Randy Stone; Chris Ward and David Wray. The old saying "The show must go on!" was taken to its limit Thursday evening -- Michelle and her crew used their talents and ingenuity to produce a fun, festive and fantastic evening inspite of the odds.

Thanks also to our ushers and our ticket and t-shirt salespersons, who were volunteers from the Baptist Student Union, Phi Theta Kappa, Student Activities Office, Student Programming Council and Students for Community Involvement.

We are proud to say that we were able to raise \$182 for the John Anthony Scholarship Fund, which honors student leadership both on and off campus.



"Wild, Wild West"

Spring Fling 1991 T-shirts are on sale now in the Student Activities Offices (B251/CC, F129/SCC)
Black - Hanes 50/50 L, XL, XXL Only \$5 each
Limited quantity! Hurry!

Staff Development Activities

Attention Volunteers:

McKinney's MayFair '91 will be May 4, from 10 a.m. - 9 p.m. and May 5, 11 a.m. - 6 p.m. on the square in downtown McKinney. CCCC will have a booth and this is an opportunity for you to participate. We are in need of volunteers. If you are interested, please contact Rebecca Crowell at ext. 5711. Your help will be greatly appreciated.

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.

National Endowment for the Humanities Fellowships to provide opportunities for college, and university and independent scholars to pursue advanced studies in the humanities have been announced. Guidelines and application forms are available. Call Tom Rodgers or Deanna Wilson. Application deadline is Friday, May 31.

A conference titled "Applied Learning Theory for Diverse Student Needs," sponsored by the Michigan Colleges' Consortium for Faculty Development, is scheduled for May 16 - 18 in Livonia, MI.

A call for proposals has been issued for the Computers on Campus National Conference, November 10 - 13, in Myrtle Beach, S.C. The conference focuses on the importance of computing in the classroom.

1991 Summer Programs in Humanities and Social Sciences at MIT have been announced. Call Tom Rodgers for information.

Teleconferences

- 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
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.

For your convenience the following contact list has been compiled. Please call Tom Rodgers at ext. 6882 with comments, suggestions or revisions.

CONTACTS FOR CCCCDC FACILITY USE

SPRING CREEK CAMPUS

A/V Equipment	Vance Logan	5935
Bijou Theatre	Alan Pippin	5910
Classrooms/F110	Dinah Hampton	5766
Conference Center	Teresa Rush	5850
Courtyard (weekdays)	Phillip McClenney	5949
Food Service	Phillip McClenney	5949
G235	Deanna Wilson	5802
Gymnasium	Rex Parcells	5888
Health Facilities	Rex Parcells	5888
Piano	Mike Crawford	5807
Room Configuration	Ron Jackson	5698
Theatre, Black Box	Rob Hall	5809
Theatre, John Anthony	Craig Erickson	5804

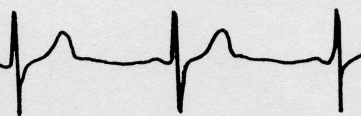
CENTRAL CAMPUS

A/V Equipment	Randy Watson	6871
B301	Ron Spears	6861
Board Room	Judy LaGrone	6600
Classrooms	Jackie Klutts	6800
Room Configuration	Wayne Rush	6691
Theatre, Ritz	Randy Watson	6871

DISTRICT-WIDE

Van/Bus	Barbara Corner	5690
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COMMITMENT TO WELLNESS



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 foot 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.

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

4/24 8:30 a.m. - 3 p.m. SCC Conf. Ctr.
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. Parents should bring one videotape per child.

Child Abuse Seminar

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

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 pre-dominant 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 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 Shinken-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 Naves, 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

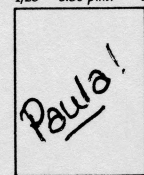
2/25 2 p.m. SCC A217
The most common form of cardiovascular fitness testing is the stress test. This is an excellent learning tool for the health science major or for someone wanting to learn more about fitness.

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. Registration is required. 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.



**Collin County
Community
College**

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

Call for
registration
information:
(214) 881-5611