



2003 Miss Wallace State  
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Miss Wallace State  
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## A moment with the President



By Paola Collum

I had the opportunity to meet with Dr. Vicki Hawsey recently. When I walked in to her office she made me feel very welcome. I found that our interview began with a humorous twist as she started interviewing me instead of me interviewing her, but I decided to go with it, and here is what I learned...

Her interest in me showed me that Dr. Hawsey is truly dedicated to students and wants to find out what is important in our lives. Her current residence, Women's Dorm No. 2, demonstrates her commitment. She is excited that she gets to interact with students and feels that what is good for her students is good for her. Plus, she said, "it saves the school money and is as comfortable as a hotel room."

But, if there were one thing Dr. Hawsey would like to pass along to parents of dorm students it would be: "Send food! There are far too many microwave meals" being eaten in the dorms, she said.

She discussed the changes that are taking place all over campus this semester and how they will continue. Improvements in customer service were made this semester in the registration process and the financial aide office, with everyone seeming to be more student-friendly. Advisors were more accessible and instructors available to help students work out even the most difficult of schedules. Dr. Hawsey maintains that the campus atmosphere will continue to be one that puts students first.

Plans for building improvements are in the works, she said. Everything from long overdue structural repairs to external landscaping is beginning to take place.

One of Dr. Hawsey's most important

goals is technology. She wants to move everything into the 21st century and said "it is long over due." All departments on campus have recently received new computers with the latest software. Older computers are being updated and networking is almost complete. Everything is going to become more web-friendly, including registration.

Dr. Hawsey also plans to keep tuition affordable for students and the quality of education high.

When asked the major question that students have been asking, namely, "Is something going to be done about parking?" Dr. Hawsey said she realizes that there is a need for more parking closer to classroom buildings but a time frame has not been set for formally addressing the problem. So, no new parking is in the works as yet.

On a more personal note, Dr. Hawsey talked about her life before assuming the Wallace State presidency. She was born in Florida and grew up enjoying all the sand, surf and sun it had to offer. Not too many moons ago during spring break, a young Miss Vicki could be spotted driving a motorcycle down the local strip accompanied by her pet poodle. (Her pet peeve is "tweakers"—drivers who get behind her and flash their lights when she is driving too slowly.)

About that time, she could also be found for a brief stint waiting tables at a local burger joint, her first job. She didn't get many tips and after two weeks, concluded that "the job was hard and meant for somebody else." The positive lesson gained from her first job experience is an appreciation for those in the food service industry and, more importantly for their bottom line, it has made her the best of tipsters.

Dr. Hawsey is no stranger to hard work and perseverance and has worked her way up professionally through the Alabama College System, starting at the bottom. She has also worked her way up in terms of education, with degrees from technical col-

## Name the Newspaper

Every newspaper needs a great name. This is your paper. Help us create its name.

Drop your submissions in boxes set up in the Student Center. Give your submissions to those manning the tables at Fall Festival on October 30. Send your suggestions to [wscppaper@yahoo.com](mailto:wscppaper@yahoo.com).

Those that we receive will be printed in the second edition, where we'll ask you to vote for your favorite!

Make this paper GREAT...

lege, an associate's degree, master's degree and a doctorate.

Dr. Hawsey has two children, 18-year-old Kristen and 14-year-old Matthew, who will be joining her soon. (She plans to buy a house in the area in the near future.)

The most touching thing about Dr. Hawsey is listening to her speak about her children, especially her son. Matthew was diagnosed in utero (or during pregnancy) with achondroplasia, a type of dwarfism. Her inner strength and determination really shined through as she spoke about his medical battles. For a time, she lived in the hospital with him while the rest of her family lived in the Ronald McDonald House at John Hopkins Medical Center in Maryland.

It is evident that Dr. Hawsey's life experiences have made her more compassionate to people's needs. We are glad to have Dr. Hawsey aboard here at Wallace State Community College and extend to her and her family the warmest of welcomes.

## A personal story about Breast Cancer



By Paola Collum

Breast cancer is the number two killer among women in the United States, number one being lung cancer. October is breast cancer awareness month. Cullman Regional Medical Center is offering a free screening to all women on October 14. Prevention and early detection is key for all forms of cancer. I encourage you all to go get screened, get informed ([www.cancer.org](http://www.cancer.org)), know your risk factors.

Breast cancer has touched my life personally and more than once. My grandmother was diagnosed with breast cancer when I was just a child. She had a double-mastectomy at the age 52. She survived breast cancer but the cancer metastasized and she ended up with three other forms of cancer that eventually led to her death. My mother was diagnosed with breast cancer at age 41 which led to a partial mastectomy. Doctors reported to have gotten all of the

cancer and she never received any chemo or radiation therapy. It was due to early detection and yearly checkups that she

caught it in the beginning stages. I was only 12 years old when she was diagnosed. I can remember thinking, "when is this going to happen to me?"

Over the years I have maintained what I consider a healthy awareness. I got my yearly exams and other than that I really didn't worry about it. I admit, I rarely if ever did monthly self-exams.

Last year as my 25th birthday rolled around, I had my own scare. Happy birthday to me, eh? My husband is actually the one that caught it. He was like "hey wait a minute feel this." There it was, the dreaded lump. Actually, it was not what I envisioned a lump feeling like. It was hard. It felt more like a small piece of gravel. It was definitely different than any other surrounding tissue.

I scheduled an appointment with my OB/GYN. I tried my best to keep the mentality that "I was not going to worry until given reason to worry. I would worry when that little piece of paper came back from the lab with a positive diagnosis."

### OCTOBER IS BREAST CANCER AWARENESS MONTH

Before you get your next paycheck, over 8,000 people will be diagnosed with breast cancer.

In fact, over 210,000 Americans will be diagnosed with breast cancer this year. You can help them by taking part in Lee National Denim Day on Friday, Oct. 10. Just make a \$5 donation to the Susan G. Komen Breast Cancer Foundation and wear your jeans to work. Ask Gail Hyatt, 352-8341 for details.

Lee National Denim Day  
[www.denimday.com](http://www.denimday.com)

# Miss Wallace State Pageant Miss Wallace State Pageant

**2004 MISS WALLACE STATE**  
*An Official Miss Alabama/America Pageant*  
**Saturday, Oct. 18, 2003 - 7:00 p.m.**  
**Wallace Student Center Theater**  
**Admission: \$7.00**

**Miss Wallace State will receive:**  
 Cash scholarship and one year tuition scholarship to Wallace State. All contestants will receive a cash scholarship.

**Areas of competition:**  
 Interview (40%), Talent (30%), Swimsuit (10%), Evening Wear (10%), Overall Composite (10%)

**For more information:**  
 Suzanne Harbin at 256.352.8182  
 suzanne.harbin@wallacestate.edu  
**Additional information can be found at:**  
<http://www.wallacestate.edu/misswallace/index.html>



Rachelle Angle, Talent - Twirl



Ericka Gibbs, Talent - Vocal



Crystal Head, Talent - Vocal



Tracie Hines, Talent - Dance



Savannah Nix, Talent - Vocal



Brooke Story, Talent - Piano



Cory Ann Turner, Talent - Dance



Gerri White, Talent - Drama



**MISS WALLACE STATE 2003**  
**KRISTEN STRICKLAND**

## SPOTLIGHT ON... WSCC Personnel James Tidwell



**By Gwen Sanders**

**Bio:** James W. Tidwell II, single, resides in Cullman. He has been employed as an Admissions Assistant at Wallace State for almost four years.

**What does an admissions assistant do?** Assisting students is a priority. We do some advising and filing, handle registration, copy transcripts, and many other tasks.

**If you could change anything about yourself, what would it be?** I would have furthered my education at a younger age.

**What's been the highlight of your year?** "I almost got a hole-in-one playing golf!"

**What would you consider to be the ultimate vacation?** A wildlife safari in the Serengeti in Africa.

**Do you have any pet peeves?** Slow drivers driving in the left lane!

**What would most people be surprised to know about you?** I like to play poker.

**What would you consider to be the perfect meal?** Fried pork chops with mashed potatoes and gravy, black-eyed peas served with pecan pie or lemon icebox pie - all home-cooked by Mom!

**What do you feel is your greatest achievement so far?** Going back to college and getting my Bachelor's degree, and paying for it myself.

**What would you still like to accomplish?** I'd like to get a Master's Degree.

**BREAST CANCER** *Continued on page 2...*  
*cont. from page 1...*

Well, easier said than done. I tried not to let it affect me but it was there under the surface eating at me. I told no one because I am the type of person that tries not to falsely concern people. If there were a reason to be concerned then I would have told my friends and family. It was a silent pain I had to endure.

I was alone, or was I? For the first time in my life I knew how most women must feel waiting for a diagnosis. Hours turned to days and days to weeks. I was lucky. It turned out to be benign. You think I would have been jumping for joy. No,

instead I felt guilty. All I could think about was the millions of women that are not as fortunate.

I couldn't sit around and do nothing. So, I took action and I encourage all women out there to do the same. Start by getting your exam and tell a friend. Give to the American Cancer Society. If you can't give money, give your time and volunteer.

I have just started a new project working on a Calendar for 2004. All the proceeds will go to the ACS. Get your pink ribbons this month from the SGA and wear them proudly.

*See page 5 for information about a*

## Wallace State Student Newspaper Staff

*The WSCC Student Newspaper is a bi-monthly publication of Student Activities.*

Paola Collum, Editor - wscpcaper@yahoo.com

- |  |  |   |
|--|--|---|
| Leslie Barr<br>Kelly Cantervury<br>Justin Davenport<br>Daniel Grace<br>Elizabeth Jester<br>Kenneth Lakin<br>Kevin McDowell | Joanna Nicovich<br>Gwen Sanders<br>Gerri White<br>Kevin Brant<br>Brian Chandler<br>Amanda Dorning<br>Beneitra Hodges | George Kelsoe<br>Andrew Lynch<br>Elizabeth McWhorter<br>Todd Payne<br>Michael Sanders |
|--|--|---|

Kristen Holmes, Sponsor - kristen.holmes@wallacestate.edu  
 256/352-8118 JBC Room 613

**Participation**

The newspaper always welcomes new staff members. If you are interested in participating on the newspaper staff, please contact Kristen Holmes (see contact info above).

**Submissions and Suggestions**

If you have a story idea or would like to make a submission to the Wallace State Student Newspaper, please send an email to Paola Collum, Editor, at wscpcaper@yahoo.com. All submissions must include the author's name and contact information. The WSCC Student Newspaper reserves the right to reject any submissions and to edit all published material. Call 256/352-8118 with questions.

**Mission**

It is the mission of the Wallace State Student Newspaper is to inform the Wallace State student body of campus news and events.

# CLUBS & ORGANIZATIONS

## Wallace State Campus Ministries

By **Christy Hicks, Director**

Looking for something to get involved with? Want to make some new friends? Need a place to hang out between classes? The Campus Ministries is just the place for you to find all these things. We have activities on campus for you to participate in. You can play on our Intramural teams. We have a team for every intramural sport Wallace offers. We are playing Flag Football now and will finish the semester with Walleyball. Walleyball is volleyball played in a racketball court. You can also

get plugged into one of our on-campus Bible studies. We offer a lunchtime Bible study on Mondays and Thursdays at 12:20 p.m. in the Student Grill in the Student Center. We also have a Girl's Dorm Bible study and a Guy's Dorm Bible study. The Girl's Dorm Bible study meets in Girl's Dorm #2 in the room up the stairs on Tuesdays at 8 pm. The Guy's Dorm Bible study meets in the Guy's Dorms TV Room up on Tuesdays at 8 pm. All dorm residents and commuters are welcome. We also offer "Food for Thought" every 1st and 3rd Wednesday in the Student Center

Congressional Room. Food for Thought is a home-cooked meal provided by a local church. The food is free! However, we do take donations for the meal and put that money towards our Spring Break and Summer Mission Trips. We also offer special events throughout the semester. On October 1, we went to YouthQuake at the Cullman County Fairgrounds. On October 7, we will take a trip to Atlanta to 7:22 at Northpoint Community Church. 7:22 is a college Bible study. Louie Giglio speaks and the Passion Band leads worship. You will not want to miss Campus Ministries'

Annual MYSTERY NIGHT on OCTOBER 27 starting at 6 pm. This is the "who done it" night of mysteries. We will have FREE PIZZA and plenty of clues for you to figure out. If you need a place to hang out between classes and want to make some new friends, then come to our Campus Ministries room in the Math Building - room 11. We have couches for you to relax on and a Playstation 2 and foosball table if you feel competitive. We also have a place for you to eat lunch and a microwave to heat up your food. Come on by and find out how you can get involved!!

## Lex Adjutor Majus The Paralegal Club

Earlier this year Lex Adjutor Majus took a field trip to Montgomery to observe the Alabama legislative process in action. They visited the Judicial Building where the Criminal Court of Appeals and the Civil Court of Appeals are located. They saw where the Alabama Supreme Court meets and the court's accompanying law library. Students also enjoyed a visit to the State Capitol Building and even the Governor's office.

While the group was in Montgomery, lawmakers were going head-to-head on issues involving our state. Attendees reported that it was "an awesome trip!"

The group wishes to welcome its new members and looks forward to taking them on future field trips.

Their next meeting will be Wednesday, October 8 at 12:30 in the "pit," located in the Music Building.

For more information, contact club sponsor and paralegal instructor June Brooks at 352-8224.



## SGA Update

The first general meeting of the Student Government Association was held on September 24. Minutes of the meeting follow.

### SGA General Meeting Minutes Sept. 24, 2003

- The meeting was called to order at 3:05 pm by Jennifer Hill, Advisor SGA.
- Jennifer Hill went over the SGA Purposes Constitution and introduced the SGA Officers.
- Adrienne Curry, SGA Secretary/Treasurer gave the budget report-reporting that we had a budget of \$500.00.
- Peter Tubbs, Vice-President of SGA, introduced Lee Christiansen with the American Heart Association. Mr. Christiansen spoke about raising money for the AHA. The American HeartWalk will take place on Sat., Oct. 18, at Cullman High School. The walk will start at 8:00 am. The SGA's goal is to raise \$3,000.00

• The SGA was divided into three teams for the HeartWalk with the SGA officers serving as team captains.

• Jennifer Junkin, President of SGA, introduced George Kelso who spoke to us about buying T-shirts for the SGA. After a vote, the shirts will be blue in color.

• Paola Collum talked to us about submitting articles and ideas for the school newspaper. The paper will be distributed biweekly. Suggestions are being submitted for the name of the newspaper.

• Jennifer Hill went over the calendar of events for the Fall semester.

The next SGA meeting took place Oct. 6th in caucus room A in the student center and was open to all students. Minutes from the Oct. 6th meeting will be included in the next issue.

General SGA meetings are open to all students. Please contact SGA advisor Jennifer Hill if you have specific issues that you would like to bring before the SGA.

## Wallace State Math and Physics Club

By **Kevin McDowell**

The Math and Physics Club will be offering a Snack and a Drink for \$1 in the hallway of the Math Building on Tuesday the 7th, Wednesday the 8th, and Friday the 10th of October. These donations benefit the American Heart Association.

The club is also beginning to collect canned and non-perishable goods for the holidays. For more information, or to drop off any goods you wish to give, contact Dr. Tomesa Smith or Lance Boyd at 352-8207, Renee Quick at 352-8240, or Christine O'Leary at 352-8112.

## Wallace State Drafting Department

By **Ashley Hancock**

If you haven't already heard, the Drafting Department is one of the many fun and knowledgeable places at Wallace. The atmosphere is wonderful and the people are very friendly. Both of the instructors are very intelligent, yet they keep a one-on-one basis with students. The ages of students in the department range from seventeen to seventy-five. Even though the age groups vary, everyone has different skills, so they help one another in the areas in which others are lacking. These are some of the reasons that students in the department are constantly experiencing new opportunities, meeting new people and being exposed to new ideas. Check it out!

# COMMENTARY

## Judge Moore and the Ten Commandments

By Kevin Brant

Things are heating up in Montgomery, Alabama. The Ten Commandments were removed from the rotunda of the Alabama State Supreme Court House and locked in a storage room. Protests went on around the clock for a couple of weeks. Supporters of Judge Roy Moore had prayer vigils, church services and silent prayer as forms of protest. They used these tools to protest

Federal Judge Myron Thompson's order for Judge Moore to remove the Ten Commandments monument, or face a fine to the rate of \$5,000 a day until it was removed. Judge Moore refused to obey the order and he was suspended. Eight other justices overruled him and it finally was removed. History is being changed as we speak. Time will only tell what happens.

Meanwhile, a recent survey of 85 students and faculty members here at Wallace

State College was conducted in a non-random, non-scientific fashion by this reporter, but included people of a variety of backgrounds. Respondents were asked simply whether or not they supported Judge Roy Moore's views on the Ten Commandments concerning leaving them in the Rotunda of the Alabama State Supreme Courthouse: 75.3% of those surveyed were supportive of Judge Moore, 8.2% of those surveyed did not support Judge Moore. The remain-

ing 16.5% were undecided.

We would like to know if these numbers reflect where Alabama as a whole stands on this issue, and more particularly, where our student body stands. To give us a broader sampling, students are invited to email their opinions to [wscpaper@yahoo.com](mailto:wscpaper@yahoo.com) and those will be tabulated and published in a future issue to this paper.

## A Look at Stem Cell Research

By Paola Collum

Stem cell research is the happening thing in the scientific world right now. Research has been ongoing since its conception in the mid-1970's. A huge ethical debate has been launched over findings. Stem cell research has already been responsible for curing rare genetic forms of anemia. It has also been responsible for sending many a young patients leukemia and other cancers into remission. Promise has been shown for cornea transplant patients.

Just how do stem cells work? Stem cells, in layman's terms, are baby cells. Which means they have not differentiated or chosen what type of cell they want to be yet. Whatever differentiated cell they bump into tends to determine what type of cell the stem cell will become. Stem cells are found in many parts of your body. Your

body uses them to repair damaged tissues through cell division. However, stem cell placement is limited. For example, neural tissue does not have active stem cells to help in the regeneration process. Yet, lab research shows, that when stem cells are harvested and surgically placed in neural tissue, the tissue's cells began to divide again. This shows much hope for paralysis patients.

The benefits of using stem cells far out weigh the risks compared to other transfusion procedures. Since stem cells are not differentiated, there is little chance of rejection or infection with cell transfusions and donors do not have to be a close match. This makes the use of stem cells safe as well as effective.

So where do we get them? Stem cells are readily available for harvest in umbilical cord blood. This is a pain free and

unobtrusive way to obtain stem cells. The blood is medical waste and simply discarded after a birth. However, a big debate over ethics comes into play over harvesting stem cells. There have been cases of people having a second child for the purpose of saving the life of the first with the umbilical cord blood. There is a closely related fear of fetal conception with the intent of prematurely terminating the pregnancy just for the use of the umbilical cord blood.

Where does the future lead? Technology points to promising cures in the future for terminal diseases, paralysis, and other ailments. The ability to store umbilical cord blood from newborn children for use later in life will become a typical option for parents. Scientists predict the ability to re-grow organs, limbs, and just about anything else in need of repair as we age with stem cells.

This brings a whole new set of ethical questions into play. What if a child dies and the parents saved cord blood? Eventually, will an entire human be regenerated from stem cells? Scientists say, "Yes, it is possible." Some say we are simply playing God. I say let's look at it humorously. Before we know it, we will be walking around with genetically altered DNA and be able to change our hair color by just thinking about it.

Perhaps we might even become the regenerative lizard people no longer in need of the petri dish to re-grow new limbs. Possibly this even means "V" will be returning to a television set near you. Okay, not likely! For all of you children born in the 80s: I know, you don't get it. Your parents will.



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# ARTS & ENTERTAINMENT

## UPCOMING EVENTS AT WSCC

### Sports at Home


- Oct. 11 (Sat.)- **Softball** Play Day at Heritage Park
- Oct. 14 (Tues.)- **Volleyball** vs. Gadsden State, 6 pm
- Oct. 16 (Thurs.)- **Soccer** vs. Hiwassee, 4 pm
- Oct. 16 (Thurs.)- **Volleyball** vs. Central Alabama, 6 pm
- Oct. 20 (Mon.)- **Volleyball** vs. Lawson State, 4 pm
- Oct. 23 (Thurs.)- **Cross Country** - WSCC Invitational
- Nov. TBA- **Soccer** hosts District Tournament
- Nov. 10- **M Basketball** v. Beville-Fayette, 7 p.m.
- Nov. 13- **M Basketball** v. Gadsden State, 7 p.m.
- Nov. 25- **W Basketball** v. Beville-Fayette, 6 p.m.
- Dec. 2- **M Basketball** v. Columbia St., 6 p.m.
- Dec. 9- **M/W Basketball** v. NWSHoals, 5:30/7:30 p.m.
- Dec. 17- **M/W Basketball** v. Snead St., 5:30/7:30 p.m.

### Other Events

- Oct. 10 (Fri.)-**Rummage Sale /Bake Sale** sponsored by Wallace State Wellness Center Senior Adult Program, 8 am- 2pm, inside the WSCC Cafeteria. All proceeds benefit the American Heart Association Heart Walk.
- Oct. 11 (Sat.)-**R & B Band and Jazz Band** perform at Octoberfest.
- Oct. 13 (Mon.)-**Golf Tournament** at Terri Pines CC sponsored by WSCC Basketball. Contact Coach Larry Slater or Ron Burdette at 352-8350, Women's Basketball office in Coliseum.
- Oct. 16 (Thurs.)-**Storm Spotting and Severe Weather Safety Meeting** sponsored by WSCC Aviation Dept., et al., 6:30 pm, Bailey Center Auditorium. Contact Bert Mackentepe or Marsha Bradford at 737-3040, Cullman Airport in Vinemont.
- Oct. 18 (Sat.)-**Miss Wallace State Pageant**, 7 pm, Student Center Theater. Contact Rob Metcalf at 352-8191. Computer Science Bldg./English Dept. \$7.
- Oct. 28 (Tues.)-**Blood Drive** sponsored by WSCC Ambassadors, Bailey Center Lobby. Contact Katie Fuller at 352-8134, Bailey Center 6th Floor.
- Oct. 30 (Thurs.)-**Fall Festival** sponsored by Student Government Association, 11 am-1 pm, lawn between Student Center and Bailey Center. Contact Jennifer Hill at 352-8031, JCB 11th Floor Recruiting Office.
- Nov. 14-16 (Fri.-Sun.)-WSCC Theater presents Oscar Wilde's "**The Importance of Being Earnest**," Student Center Theater, Fri. and Sat. at 7 pm, Sun. at 2:30 pm. Contact Rob Metcalf at 352-8191, Computer Science Bldg./English Dept. \$3students/\$5 general.
- Nov. 19 (Wed.)-**SGA Thanksgiving Luncheon** for the International Students Organization. Contact Jennifer Hill at 352-8032, 11th Floor JCB, or Kristen Holmes at 352-8118 for information.
- Nov. 28-29 (Fri.-Sat.)-**Gospel Concert**, Coliseum, more info TBA. Contact Sid Borden at 352-8213, Auxiliary Dept., Bailey Center Mezzanine.
- Dec. 12 (Fri.)-**SGA Leadership**

**Conference**, 1-4 p.m. Contact Jennifer Hill at 352-8032, 11th Floor JCB, for information.

Mar 27, 2004 (Sat.)-**10K Scholarship Run and 1-mile Fun Run** hosted by WSC Alumni Association, 9 a.m., 352-8116



**CULLMAN REGIONAL MEDICAL CENTER**

**BREAST CANCER SCREENING**

Tuesday, October 14, 2003  
Specialty Clinics POB 1 - 4th Floor  
8:00 - 10:30 a.m.

A free breast exam will be offered to WomenFirst and Senior Choices members. Area nurse practitioners will be performing the exams. Appointments are required. Only 75 appointments will be taken. Register by calling 737-2600.

## Liz's Movie Reviews

By Liz Jester

Every Tuesday, movie stores across America put out the hot new releases. In each edition of the paper, I will put my opinion on these new movies. Please keep in mind this is strictly my opinion.

### NEW RELEASES SEPTEMBER 30, 2003:

#### 2 Fast 2 Furious

This was a great action packed show. If you liked the first one, you'll definitely enjoy the sequel. In the movie, an ex-con and a former cop, now turned street racer, are recruited by the FBI to help catch a drug lord.

#### Dreamcatcher

This was an excellent action/horror flick. If you like suspense, you're in for a treat. Like all other Stephen King thrillers, you'll enjoy the many plot twists throughout the film. The movie is based on the childhood friendship of four boys who all have a special gift which must be used to save the earth.

### MOVIES YOU MIGHT HAVE MISSED:

#### Comedy:

##### Lone Star State of Mind

This was a hilarious movie starring Joshua Jackson (*Dawson's Creek*). It is based in tiny town in Texas and pokes fun at Southern life.

#### Drama:

##### Evelyn

This movie is a real tear jerker! It stars Pierce Brosnan as an Irish father whose wife has just abandoned him and their children. It is a heartbreaking tale of how the Irish government took the children away and how he fought to get them back.

#### Action:

##### Basic

This is an awesome suspense flick! It was nothing like I expected. The whole movie is based on a giant conspiracy in the army and how it is uncovered. The movie is also filled with great stars including Samuel L. Jackson and John Travolta.

## POETRY CORNER A Lone Star

By Kenneth Lakin

A lone star falls in the dusk.  
Its companion sits waiting.  
Of all the eloquence these two could share,  
They are separated by miles.  
Why must things be as they are?  
But, Aha! they can be changed.  
But only by the faithful, fruitful, fabulous few.  
Potential lurks in every corner,  
Waiting to be awakened by the few.  
The fury of the few over the farce, the fallow  
Foolery of the folds.  
The mindless folds of sheep  
Driving day by day,  
Never moving, ever wandering  
Waiting for the few.  
The star's companion still waits.  
Waiting for the day when he too will  
Fall from grace.  
Fall into the mindless fold.  
To be reunited with his companion.  
And again wait for the few.

## To Be Free

By Beneitra Hodges

I am not all I need to be;  
I am not ever going to be free.  
So why am I still here?  
Well, it's definitely not because of fear.  
I've had some ups and plenty of downs;  
I have almost gone underground.  
But I will not give up  
Because I have seen what can be,  
And I will continue to reach  
Until I am free!

## Unquestionable Love

By Beneitra Hodges

I enjoy your company so that means I love you;  
I enjoy your Conversations so that means I love you;  
I enjoy your Smiles so that means I love you;  
I enjoy your Personality so that means I love you;  
I enjoy your Education so that means I love you;  
I enjoy your Love so that means I love you;  
I enjoy all these things about you and so much more.  
This is what I know, but am I the one you adore?

## Symphony Tickets

By Joanna Nicovich

If you're looking for an activity that won't flatten your wallet, and shows that you have some class to you, or just in the Fine Arts, this is a good deal for students. The Huntsville Symphony Orchestra is offering a Student Rush again this year to fill empty seats at their performances. The cost per student is \$5, and the earlier you get in line, the better your chances of getting a seat and getting a really good seat. The next concert of the season is Oct. 18 at 7:30 p.m. For more info, logon to [www.hso.org](http://www.hso.org) or call 1(256) 539-4818.

## Dining Out on Campus

- Woody's Grill serves breakfast and lunch at reasonable prices. Check it out! Located in the Student Center.
- The Wallace State Cafeteria is open for lunch, serving a well-balanced meal at a price that can't be beat.
- Food for Thought: Every 1st and 3rd Wednesday of the month Campus Ministries provides a FREE lunch for students in the Student Center Congressional Room. A \$1 donation is requested.

# HEALTH & FITNESS



## By Paola Collum

Hey, Hey, Boo Boo! No, not that Yogi!

So just what is all this hype about yoga? Here are the basics.

Yoga is an ancient whole health practice and its many beneficial effects are finally being recognized by modern medicine. Yoga can improve balance, posture, strength, and flexibility. It can be aerobic and energizing or relaxing and stress relieving.

Yoga simultaneously exercises mind, body,

## Yogi's Corner

and spirit. The philosophy behind yoga is that harmony is achieved when the physical, mental, and spiritual portions of the body become attuned to each other.

You laugh and ask yourself, "How can I be attuned when I can't even touch my toes?" Well, attunement or harmony is achieved through postures (*pranyama*) and breathing techniques (*asanas*). Many postures can be done by anyone, even those of us who are flexibly challenged.

Just standing up right with your feet together and breathing deeply in and out the nose is a yoga posture called Tadasana

(tah dah sah nah), translation: *mountain pose*. See there, you were yogic and didn't even know it. So, put down that picnic basket and go grab a cozy piece of floor and distress with a few pranayamas and asanas.

Check out Yoga Classes on campus. Classes are taught by Fabian Hollis Thursday nights from 6:00pm-7:15pm starting Sept. 4-October 9. The cost is \$40.00. Sign up in the continuing education office located on the 1st floor of the TBH building or call Ken Crowe at (256) 352-8311 for more info.



### POSTURE OF THE WEEK: Mountain Pose (Tadasana)

Stand with feet together (bare feet are best). Big toes touching with heels slightly apart. Spread toes apart so feet are firmly planted. Maintain the spine's three natural curves (cervical, thoracic, lumbar). Arms by your side, palms facing toward thighs. Stretch neck tall toward ceiling while keeping shoulder muscles relaxed. Distribute weight evenly between inner and outer edges of feet, toes, and heels. Pull in bum and abdomen, lifting chest upwards as you breath in. (It may help to visualize a line reaching from the floor to the ceiling that flows directly up the spine.) Relax as you breathe out. Keep breathing slowly in and out. Try to keep your inhalation and exhalation time equal to each other. Count mentally if you need to. Concentrate your awareness on your breath and body position until you're fully relaxed. (parts of posture description taken from *B.K.S. Iyengar's The Path to Holistic Health*)

## Want to stay heart healthy?



## Eat chocolate!

Finally, the gods have shined down upon us and said it's ok to indulge. So just how does chocolate keep your heart happy? Chocolate is loaded with the polyphenolic antioxidant, epicatechin, which is an important flavanoid that fights heart disease as well as many cancers.

*The Journal of American Medical Association* and *Nature* magazine reported on a three week clinical trial of sweetest kind. Thirteen lucky participants were instructed to eat 3 ounces of chocolate daily for their hypertension. Blood levels of epicatechins when tested before and again an hour after consumption along with

blood pressure. Results indicated a significantly higher level of antioxidants in the blood stream after eating chocolate. There was a significant decrease in blood pressure after about ten days of chocolate munching.

The important question remains; milk chocolate or dark chocolate? Research actually shows that dark chocolate is better for you (but not for your dogs, please—it's toxic for them). There is simply more epicatechin present in dark chocolate and the addition of milk has been shown to hinder the absorption rate. So who needs ambrosia anyway? We'll eat chocolate!

## Suicide

### By Elizabeth McWhorter

Suicide is something that no family should face. Hopefully, by noticing the following signs, you can take steps to prevent such a horrific act from happening to someone you know. Severe depression, extreme internal struggles, and overwhelming isolation are some of the main causes of suicide.

Depression is one of the factors in most suicides. Depression is a prolonged condition of emotional dejection. People who attempt suicide have an overwhelming pain inside of them. Often times, their depression has been going on for awhile. Also, such long periods of depression usually lead to poor health.

Internal struggles are just as important to deal with as depression. One cause of internal struggle is a lack of emotional support from friends or, more importantly, parental units. Children raised in unstable households are more likely to experience these inner conflicts. Another cause of internal struggle is stress or an overwhelming workload. Everyone needs time to sift

through personal problems. A stressed and overly tired individual may not have the sufficient time or energy needed for self-help. Unfortunately, internal struggles are just that: internal. The problems can be caught, but often not until they are more than the person can handle.

Isolation is another thing to notice. Isolation can be triggered by a relationship problem. Most often, the problem is a fight with a parent or another loved one. Isolation can also be caused by drug abuse. Drugs are used to numb the pain. Then the person tries to hide the pain as well as the addiction, and finds the best way to do that is through isolation.

So, there it is—the top three things that lead to suicide are severe depression, extreme internal struggles, and overwhelming isolation. These things are never to be taken lightly. If you or someone you know suffers from these problems, please seek help immediately.

**1-800-SUICIDE**

## Meditation 101

### By Elizabeth McWhorter

After a stressful day, most people come home and just sit in front of the television. Not only is that unproductive, but it is also unhealthy. Meditation is a great way to relieve stress and help strengthen your emotional health. You will be on your way to a more stress-free life if you follow these simple steps: Find a quiet place, wear comfortable clothes, learn breathing techniques, find a relaxed position, and learn how to visualize.

First, you will need to find a quiet space. Your space should have enough room to lay down. It should also be free from distractions such as the telephone, television, animals, and other various annoyances. A bedroom would be an ideal place, but any place will do as long as you are

comfortable and can concentrate easily.

Finding a comfortable place is a good start, but you must make sure that you are wearing comfortable clothes as well. Do not worry about how you look, it is how you feel that is the key factor. If you feel relaxed in a T-shirt and boxers, by all means wear those. Make sure you are not constricted in any way. Remember meditation is all about flow.

An optional step would be to have music playing. If it relaxes you, play it. Some great compact discs for meditation are by the groups Enya and Enigma.

After you have chosen the room and are in loose-fitting clothing, you need to get in a relaxed position. There are many different positions, only a few will be listed here. One involves lying with your back

down and your legs slightly separated. The next is to sit with your back erect with your legs crossed (a.k.a. "Indian-Style"). Also, you could get into a kneeling position (this one is not recommended for extended meditation sessions). You could also lay face down with your head in your hands.

Now you must focus on your breathing. This is one of the most important steps in meditating, so take time to work on it. Check the pace of your heart; that will be the starting point for your rhythm. A basic breathing pattern would go something like this: breathe in 1,2; hold 1,2; breathe out 1,2; hold 1,2. Repeat this as many times as you wish. Be careful not to overwhelm yourself. Always make sure the rate you choose is comfortable for you.

The next step is visualization. Most

people find this difficult, so don't worry if you do not catch on right away. First, start off by thinking of a happy place or time. Imagination is the key. When you are more comfortable with this step, the place doesn't have to be real. Another type of visualization is focusing on energies. For example, you can use red (or whatever color suits you) to represent negative energy. See it flowing away from your body and back into the Earth. After completing your visualizations, you should feel more rejuvenated, more relaxed, and more at peace with your surroundings.

Congratulations, you just completed your first meditation. You have learned all the necessary steps for meditation. Now you are well on your way to a happy, stress-free life.

# FEATURES

## WSCC Transfer Fair

By Paola Collum

Wallace State Student Support Services recently sponsored the Fall 2003 Transfer Fair. Seventeen colleges and universities participated in the event and we met them all. Colleges were ranked on which representatives were the friendliest, which were most helpful, and which were the most informative.

The majority of schools represented were friendly and helpful. There were only two sad exceptions out of the 17 schools represented. Only about half of the schools represented really new their stuff. From these schools, tons of information was provided down to the most detailed statistics, and they were available with an answer to every question asked. Some of the questions were about scholarships, preview days, campus tours, location, attendance, and admissions statistics into professional school and other programs.

Here are the rankings:

### Friendliest in no specific order:

Athens University  
Troy State University  
Birmingham Southern College  
Jacksonville State University  
University of Alabama, Birmingham  
University of West Alabama  
University of Southern Alabama  
University of Alabama, Huntsville  
University of Mobile  
Judson College  
Herzing College  
ITT Technical Institute

**Most informative (these representatives really knew their schools and statistics):**  
Birmingham Southern College  
Montevallo  
Auburn University  
University of Alabama  
University of Alabama, Birmingham  
University of Mobile  
Athens State University  
Troy State University  
University of Alabama, Huntsville  
University of West Alabama

### Most helpful printed information they provided (all schools provided good information, these schools went beyond that):

Jacksonville State University  
University of West Alabama  
University of Alabama, Birmingham  
University North Alabama  
Birmingham Southern University  
Contact information for schools in attendance is listed below.

### Transfer Student Contacts:

(Tours available with appointment.)

Athens State University  
Dr. Tim Jones  
1-800-522-0272  
[www.athens.edu](http://www.athens.edu)

Alabama A&M University  
Joseph Mosley  
1-800-553-0816  
[www.aamu.edu](http://www.aamu.edu)

Auburn University  
Admissions Office  
(334) 844-4367  
[www.auburn.edu](http://www.auburn.edu)

Birmingham – Southern College  
April Lewis  
1-800-523-5793  
[www.bsc.edu](http://www.bsc.edu)

Herzing College  
Maryann Adams  
(205) 916-2800  
[www.herzing.edu/birmingham](http://www.herzing.edu/birmingham)

ITT Technical Institute  
Randall S. Davis  
1-800-488-7033  
[www.itt-tech.edu](http://www.itt-tech.edu)

Jacksonville State University  
Rodney A. Bailey  
1-800-231-5291  
[www.jsu.edu](http://www.jsu.edu)

Judson College  
Amber Anderson  
1-800-447-9472  
[www.judson.edu](http://www.judson.edu)



University of Alabama  
Charla Williams  
1-800-933-BAMA  
[www.ua.edu](http://www.ua.edu)

University of Alabama, Birmingham  
Julie Mummert  
1-800-421-8743  
[www.students.uab.edu](http://www.students.uab.edu)

University of Alabama, Huntsville  
Lisa Merryman  
1-800-UAH-CALL  
[www.uah.edu](http://www.uah.edu)

University of Mobile  
Erin Oelschlaeger  
1-800-946-7267  
[www.umobile.edu](http://www.umobile.edu)

University of Montevallo  
William Cannon  
1-800-292-4349  
[www.montevallo.edu](http://www.montevallo.edu)

University of North Alabama  
Robin Hill  
1-800-TALK-UNA  
[www.una.edu](http://www.una.edu)

University of South Alabama  
Donna Pigg  
1-800-872-5247  
[www.usouthal.edu](http://www.usouthal.edu)

University of West Alabama  
Erin Eckert  
1-888-636-8800  
[www.uwa.edu](http://www.uwa.edu)

Upcoming topics will include tuition comparison among colleges, admission application information, and scholarship information.

## Fall Preview Days

### RSVP requested:

Birmingham Southern College  
Saturday, October 11 (RSVP by Oct 3)  
1-800-523-5793

[www.bsc.edu/admission/previewday.htm](http://www.bsc.edu/admission/previewday.htm)

Jacksonville State University  
Saturday, October 11  
1-800-231-5291  
[www.jsu.edu](http://www.jsu.edu)

University of Alabama, Huntsville  
Saturday, October 18 & Saturday,  
November 15  
[www.uah.edu](http://www.uah.edu)

University of Mobile  
Saturday, November 15 (RSVP by  
Nov.12)

*High School Senior Earn \$500 in scholarship money for attending*  
1-800-946-7267  
[www.umobile.edu/fallpreviewday](http://www.umobile.edu/fallpreviewday)

University of Montevallo  
Saturday, Oct. 25, Saturday Nov. 1  
Saturday Nov. 8, Saturday Nov. 15  
1-800-292-4349  
[www.montevallo.edu](http://www.montevallo.edu)

University of North Alabama  
Saturday, Oct. 11, Nov. 1  
Saturday, Nov. 15 – one year scholarship  
given away at half-time  
1-800-TALK-UNA  
[www.una.edu](http://www.una.edu)

University of South Alabama  
Saturday, November 15  
1-800-872-5247  
[www.southalabama.edu](http://www.southalabama.edu)

## The ACCESS advantage

Wallace State will soon do away with many of the traditional methods of registration, student advising, student services, and other pedestrian modes that affect students. The software purchased to accomplish all of this is called ACCESS. It will feature:

- Online registration with interface to financial aid.
- Online advising via degree plans
- Online grade delivery
- Online grade entry
- Method for paying outstanding fees
- Ability to view financial aid
- And many other attributes

Many of the additional features will help the administration function more efficiently and effectively. For instance, the bookstore will be fully integrated with financial aid. Additionally, the ACCESS Group will work to accommodate institutional needs upon request, if practical. The main focus is on student services and business office operations, with the end result being that we will be better able to service students and help you reach your goals. The target date for ACCESS implementation is Summer 2004.

## College students come together

By Kevin Brant

On Wednesday, September 17, 2003, college students came together for an annual event called "See You at the Pole" to pray. They prayed for their leaders here at Wallace State College. They prayed for their loved ones and they prayed for our government leaders at the Federal, State, and local levels.



"SEE YOU AT THE POLE" 2003  
Photo by Kevin Brant

"See You at the Pole" is not a demonstration or a political rally. It is a time where students meet at area flagpoles and pray.

"See You at the Pole" started in April of 1990 with a group of students in Texas who gathered for a Disciple Now weekend to pray for God's presence and guidance. Little did they know that this simple act of devotion would change history forever.

At the Wallace State "See You at the Pole" rally, thirty-three college students met for prayer and fellowship with one another.

"In our daily lives we remember to pray for our own needs, but 'See You at the Pole' reminds us that we need to pray for our nation, state, and community, and for our leaders," said Christy Hicks, Director of Campus Ministries at Wallace State.

## Are you transferring to a four-year college?

Then you need to look to the STARS program. Logon to [www.wallacestate.edu](http://www.wallacestate.edu) and click on the STARS icon. If you need help, go to the computer labs or to admissions and ask a staff member for assistance. The STARS site will allow you to see the

courses you will need to transfer in any major to any four year institution in the state. This is called articulation. All courses accepted for transfer will be listed. **DON'T LOSE CREDITS WHEN YOU TRANSFER, LOOK TO THE STARS!!!**

# SPORTS

## WSCC Soccer Doing Well



By Brian Chandler

The Wallace State soccer team has had a good season so far. Coach John Drake is

pleased with the way the season is progressing. "I think the season is going well and we are playing better," said Drake. "The defense and midfield as a whole are doing really well."

The team is 9-4 on the season, only losing to South Georgia, Darton College, Lindsey Wilson (who they later beat) and Tyler. Their previous game was an outstanding win over Hiwassee of 7-2. Drake said the team played well considering rough field conditions. (The game between Wallace State Community College (WSCC) and Lindsey Wilson on September 15 was cancelled and rescheduled for September 27 at WSCC.)

Drake mentioned some players that have stood out in the first few games of the season. Raul Davila, whose hometown is Houston, Texas, has had a great season. Midfielder Aaron Lessor played well. Both connected on an assist to score the first goal in the WSCC-Hiwassee game on September 12. James Beggs has done well as goalkeeper. Despite missing a few games due to sickness in the early part of the season, Korey Harris has also done well at goalkeeper according to Drake.

Looking into the rest of the season, Drake hopes to see his team continue to improve and make the regional championship, which is going to be hosted by WSCC. Some of the best teams in the nation will attend the regionals. Winners of the regionals will travel to Tyler, Texas to participate in the nationals and compete for the 2003 National Junior College Athletic Association (NJCAA) title.



The Wallace State volleyball team (19-4) wins their season opener tourny.



WSCC cheerleading squad finishes 1st at UCA camp.



Jessie Bolam finished the WSCC Invitational in a tie for 1st place. The Lions team won the tournament.



Daniel Gonzales shoots vs. Itwamba, Mississippi. Photo by Bill Simpson.



Photo by Billy Hardin: Paul Torres on the mound for the Lions at Shorter.

## WSCC Baseball splits series with NW Shoals

By Brian Chandler

Hanceville, AL—The Wallace State Lions Baseball (WSB) team defeated Northwest Shoals Community College (NWSCC) 3-0 in the first of a two-game set on September 25. (This series ended the home games for the practice season, but they will continue the season on the road for the next few weeks.)

The game was scoreless through four innings until Josh Goodwin (1-3, HR) connected for a solo homerun over the right field wall in the bottom of the fifth. Later in the inning, Bradley Green (1-3, 2 RBIs) roped a two-run single to left field making the score 3-0.

Northwest Shoals had their chances

with one being in the top of the fifth inning. With runners at the corners and one out, their third base runner was caught in a rundown. Two batters later and after only two pitches, the runner on second tried to advance and also got caught in a rundown.

Wallace used four pitchers and right-hander Jeremy Medley was credited with the win. Justin Standridge came in and recorded the save. All pitchers combined for three strikeouts and six walks. A pitch by Wallace hit one batter.

In the second game Wallace came up short in a 5-2 loss. Wallace won both halves of a double header against Shorter last weekend.

See Wallace State sports schedules on page 5.