

the current

the student newspaper of MCCKC-Longview

February 2010



Plunge of Love

Community
takes a dive for
Special Olympics

by **MARCUS SUNDE**
and **KYLE GROSS**

Longview beach was filled with more than 900 people on Jan. 30. Each person showed up either to jump into a freezing cold lake or to support friends and family members who made the Polar Bear Plunge to raise funds for Special Olympics.

The temperature was 27 degrees Fahrenheit. Some people might jump into the freezing lake just to be able to say, "I jumped!"

But for these swimmers, it was about supporting and raising money for special needs people.

Costumes are a tradition at the annual plunge.

Photos:
Marcus Sunde
The Current

"I'm 55 and keep saying next year will be my last," one swimmer said. "But whenever I see my son's friend Brett [who has Down's Syndrome] standing on the beach holding our towels, it makes jumping in the freezing water worth it."

Each swimmer donated a minimum of \$75 to participate. By 9:30 a.m., the largest donation given for a single jump was \$8,000, according to organizers.

Jumps began at noon. Eighty heats of 15-25 people stood in line waiting for their turn to jump into Longview Lake.

See **COLD** on 4

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Chancellor to retire

Board names Vice Chancellor Mark James Chancellor Designee

by DANIEL SPAULDING

Jackie Snyder, who has served as chancellor of Metropolitan Community College-Kansas City since 2005, has announced that she will retire on June 30, 2010.

The college's Board of Trustees announced that the Vice Chancellor Mark James has been named to succeed her.

"Dr. Snyder is an outstanding

leader," said Longview President Fred Grogan. "I'm sad to see her leave that role, but glad she now has time to focus on enjoying life."

During her 15 years at MCC, Snyder said she has worked to facilitate improvements in the enrollment process and Student Services, and most recently was a major supporter for the development and construction of the Health and Sciences building opening this semester at Penn Valley as well as the Institute for Workforce Innovation.

Kim Darbonne, a Student Services Assistant, said that she understands why Snyder has elected to retire. "Everyone either moves on or moves up," Darbonne said.

With a nearly half a year left before Snyder's departure, her successor Mark James is working closely with the chancellor, both to ensure a

smooth administrative transition and to gain a stronger understanding of his new position.

Before coming to MCC in 2008, James served as Director of Public Safety and Homeland Security for the state of Missouri. The Board of Trustees selected Mr. James in part for his financial expertise and direct experience with state and federal government appropriations.

Even so, James said he is intent on continuing Snyder's commitment to the students of Metropolitan Community College.

"For me, personally, the bottom line of every conversation and every decision we end up making is processed upon the question, are we doing the best for our students? That will guide my thoughts and my decisions," he said.



Chancellor Designee Mark James,

Re-Entry club benefits returning students

by ANTOINETTE BRADLEY

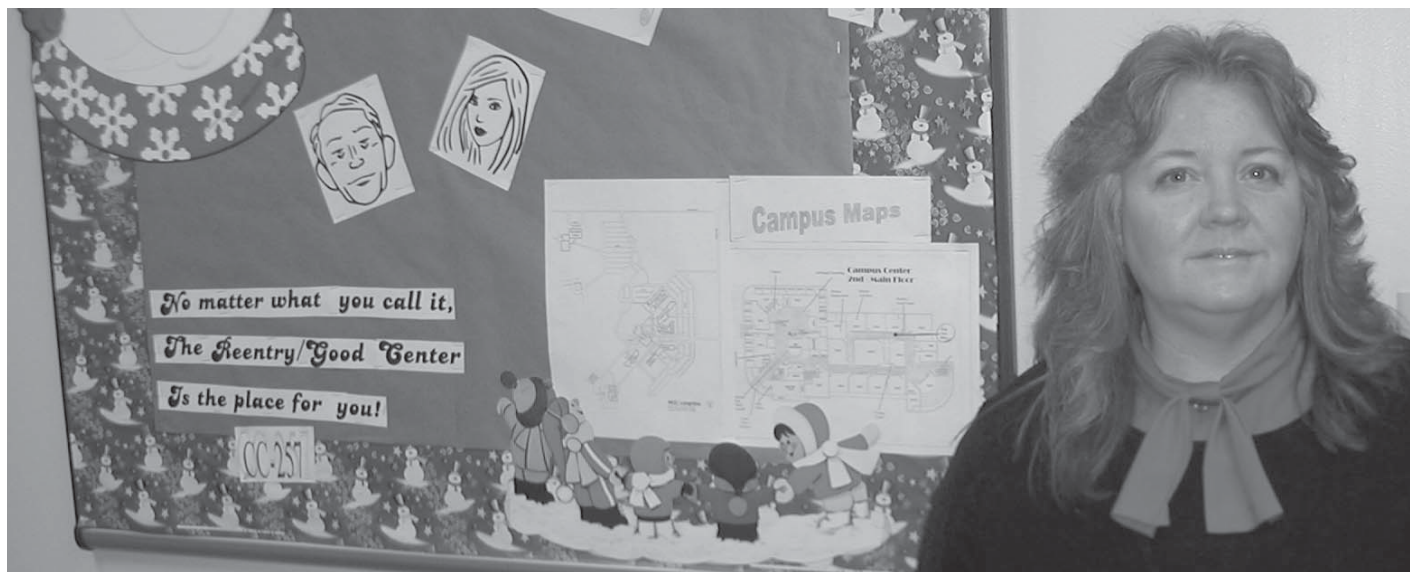
Whether it's called The Good Center or the Re-Entry Club, Longview Campus Center room 257 has a positive effect on students.

The Re-Entry Club is not only a lounge for students to study, says Longview Student Services assistant Lorrie Blake. It's specifically for students who have been out of school for five years or more. Founded in 1978 by Longview English Fran Good, the program is designed to assist returning students to adjust to college demands.

Students come to the Re-Entry Club to form personal connections with other students, form study groups, receive updates on campus events, and to take part in good networking opportunities. Sometimes, they even have potlucks.

Last semester, the club engaged in sessions with the counselors participating in stress-management and relaxing exercises, and also learning about college success skills.

Blake has been a student at Longview for six years and the club



Re-Entry Club president Lorrie Blake

gave her the opportunity to help other people, she said. As leader of the group, she wants to make sure that for future students there process is as smooth as possible.

"My goal is to make sure students know about The Re-Entry Club," she said.

Kathy Baker, who has been attending Longview for two and half years, says that the Re-Entry atmo-

sphere is friendly, the club is informative, and everyone is close-knit.

Club member Kenneth Miller agreed, and says that knowing people that are motivated to do something with their life is a good thing. Miller also says that the Re-Entry Club is a good support system, adding that meeting people who understand you and your situation can provide insight.

"Learn to focus on the successes than failures. Focusing on the successes will be more successful," is what he's learned as part of the group.

Good Center/Re-Entry Club office hours are Monday - Thursday 8 a.m. - 4 p.m. and Fridays 8 - 2:30.

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Cold cash for charity



The Polar Bear Plunge at Longview Lake raised money for Special Olympics in January.

Photos:
Marcus Sunde
The Current



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MCC-LONGVIEW LAKERS

2010 SPRING SCHEDULE

2/5	FRI	@ Richland (Dallas, TX)	1:00	3/30	TUES	@ Hutchinson (Hutchinson, KS)	2:00
2/6	SAT	@ Richland (Dallas, TX)	1:00	4/1	THUR	Maple Woods	1:00
2/7	SUN	@ Bacone College JV (Muskogee, OK)	12:00	4/3	SAT	Butler	2:00
2/12	FRI	@ NE TX (Mt. Pleasant, TX)	5:00	4/4	SUN	Butler	1:00
2/13	SAT	@ NE TX (Mt. Pleasant, TX)	1:00	4/7	WED	Indian Hills	2:00
2/14	SUN	@ NE TX (Mt. Pleasant, TX)	12:00	4/8	THUR	Indian Hills	12:00
2/16	TUES	Johnson County	1:00	4/10	SAT	@ DMAC (Des Moines, IA)	2:00
2/19	FRI	@ Redlands (El Reno, OK)	3:00	4/11	SUN	@ DMAC (Des Moines, IA)	1:00
2/20	SAT	@ Redlands (El Reno, OK)	1:00	4/13	TUES	Crowder	2:00
2/21	SUN	@ Redlands (El Reno, OK)	1:00	4/17	SAT	FLO Valley	2:00
2/23	TUES	@ Johnson County (Overland Park, KS)	1:00	4/18	SUN	FLO Valley	1:00
2/27	SAT	@ Northern OK (Enid, OK)	1:00	4/20	TUES	@ SW IA (Creston, IA)	1:00
2/28	SUN	@ Northern OK (Enid, OK)	1:00	4/24	SAT	@ Forest Park (St. Louis, MO)	2:00
3/2	TUES	@ NEO (Miami, OK)	1:00	4/25	SUN	@ Forest Park (St. Louis, MO)	1:00
3/6	SAT	DMAC	1:00	4/29	THUR	@ NCMO (Trenton, MO)	1:00
3/7	SUN	DMAC	12:00	5/1	SAT	Johnson County	2:00
3/9	TUES	@ Johnson County (Overland Park, KS)	1:00	5/2	SUN	@ Johnson County (Overland Park, KS)	2:00
3/13	SAT	SW IA	1:00	5/4	TUES	@ Ft. Scott (Ft. Scott, KS)	2:00
3/14	SUN	Hutchinson	1:00	5/6	THUR	NCMO	1:00
3/18	THUR	Rockhurst JV	1:00	5/8	SAT	@ Indian Hills (Centerville, IA)	TBA
3/20	SAT	@ Maple Woods (Kansas City, MO)	1:00	5/13-16		Regionals at Forest Park	TBA
3/21	SUN	Ft. Scott	1:00	5/21-23		Districts at MO Winner	TBA
3/23	TUES	NEO	1:00	5/29-6/4		World Series (Enid, OK)	TBA
3/27	SAT	Muscatine	1:00				
3/28	SUN	Muscatine	1:00				

ALL HOME GAMES IN BOLD
FOR RAINOUT AND GAME DAY INFORMATION CALL: 816.604.2193

MCC Metropolitan Community College Longview

Alumni serve at Christmas in the Park

The MCC-Longview Alumni were again chosen to work Christmas in the Park. The Alumni and volunteers participating were Carolyn

Hedgecock, Audrey Sloane, Joyce Johnson, Norma Bark, Betty Sola, Duncan Heydon, Kathleen Heydon, and three Phi Theta Kappa members: Lauren Gepford, Ellen Parsons, and Ashley Jacobs. The money received has been sent to our Endowment Fund at the MCC-Foundation Office. Proceeds are used to provide scholarships to MCC-Longview students.

Calendar

February Wednesday 17

Convocation - No day or evening classes. Bookstore and library open 8 a.m. - 4 p.m.

Thursday 18

Chocolate Day, 10 - 1, LVCC First Floor. Courtesy of LV Student Life and Leadership.

Kennedy's Children, a reading of the two-act play presented by the Metropolitan Ensemble Theater. Free. LV Cultural Arts Center

Monday 22

El Shaddai Sanctuary Choir, featuring Marvin Jackson, in concert. 7:30 p.m. MW Campus Center 132. Free Black History Month event.

March

Friday 5

Talent Show, Penn Valley theatre of the Science Tech building. Tickets cost \$6 in advance and \$7 at the door. Contact Penn Valley Student Ambassador, Veronica Scroggins.

Mon 8 - Fri 12

Spring Break

Saturday 13

Daylight Savings Time ends. Spring forward.

Fri 19- Sat 20, Fri 26- Sat 27

Towards Zero, by Agatha Christie, presented by BoBette's Dinner Theater at Longview, in the Cultural Arts Center Studio Theatre. Reservations only. Call 604-2000.

PV Fitness Center strengthens campus

by RACHEL MADEARIS

Evening approaches, and soon the MCC-Penn Valley Fitness Center gets busy. A basketball game plays out downstairs, and people make their way to the ellipticals and treadmills. Darrell Phillips, coordinator at the fitness center, bandages a knee and prepares to finish his workout.

Phillips is one of a handful of instructors at the fitness center who work with students and community members to achieve their fitness goals. For students and community members, goals vary from person to person.

"I need to lose some weight," says

Jackie Werley, a Penn Valley student who enrolled in several semesters of physical education courses to achieve her goal.

"I'm trying to gain five pounds of muscle in two weeks," says Ladon Chambagnie, Penn Valley basketball player.

Weight loss and muscle gain are common goals, but the staff at the fitness center promotes a broader idea of fitness. According to Sheri Deets, personal trainer and physical education instructor, fitness is not about losing weight.

"Not everybody needs to lose weight," says Deets, who leads a 12 noon boot camp and a 5 p.m. kick-

boxing class. According to Deets, fitness is about overall health.

"The five components of fitness are cardiovascular endurance, muscular endurance, muscular strength, body composition, and flexibility," she said.

And, according to Phillips, fitness can be measured. He and the other staff at the center implement a series of tests to determine each person's level of fitness.

"We have fitness evaluations for each of the [five] parameters," he said.

Most beginner plans are low intensity, functional based activities, like practicing lunges to improve the

ability to lift grocery bags.

But what of those who want to go beyond basic fitness to loftier goals, like weight loss or muscle gain? Phillips and the staff find activities suited for the individual, matching their interest and body type to a particular type of physical activity.

"It's a process," Phillips said. "You need to try various things [and] give feedback to your instructor."

Physical therapists are available all day to test for fitness, create workout programs, and encourage good nutrition for students and members.

BoBette's Dinner Theatre at Longview
Presents

Towards Zero

An Outstanding Detective Story in Three Acts
by Agatha Christie

March 19, 20, & 26, 27, 2010
at the New Cultural Arts Center / Studio Theatre
MCC-Longview

In is a typical English country home murder mystery, a group of people are spending a weekend and the crime takes place, making all the guest suspects. It is late summer and Lady Tressilian is hosting a house party at her home in Gull's Point, where she lives in relative peace with her companion, Mary Andin, a distant relative.

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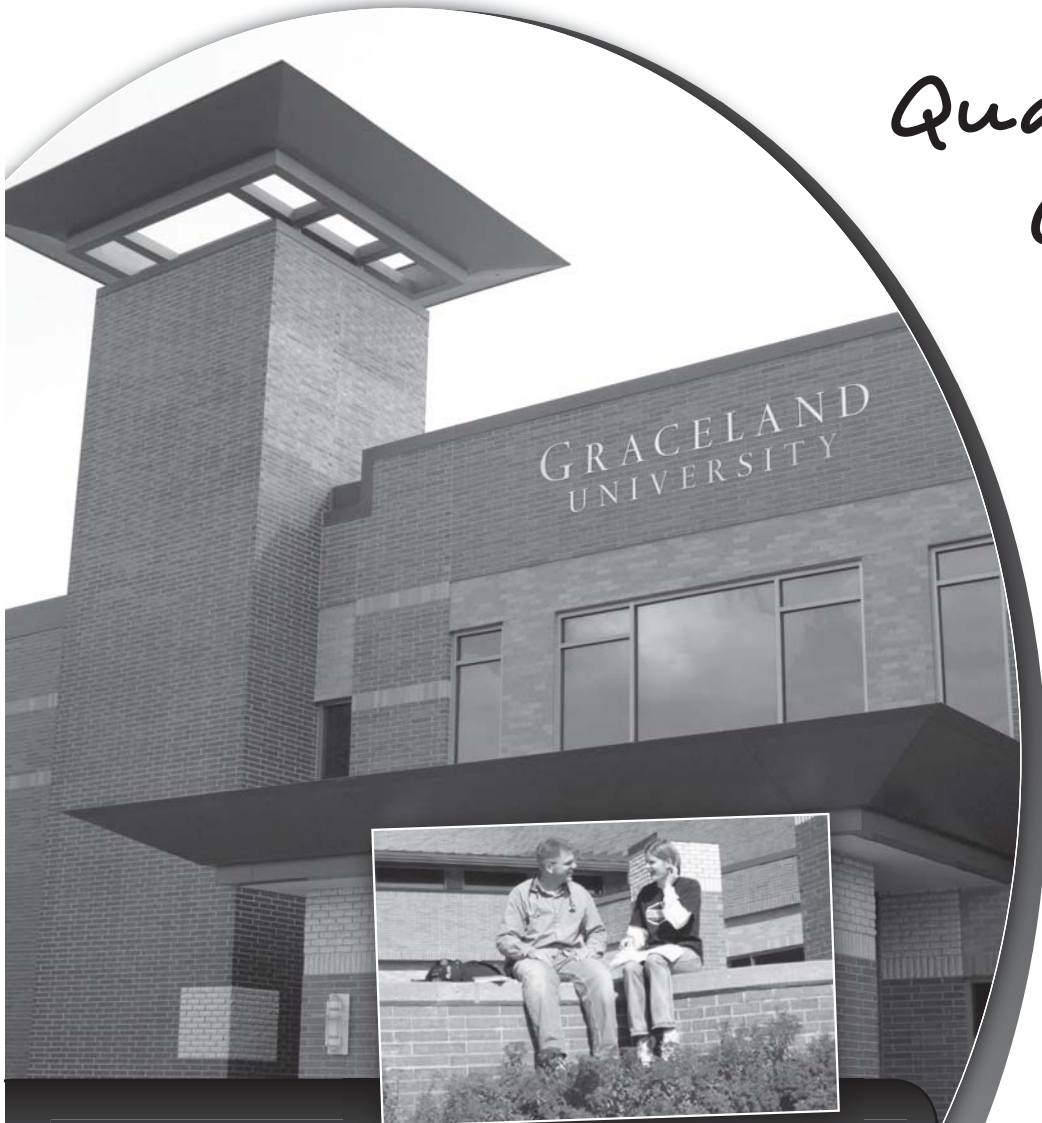
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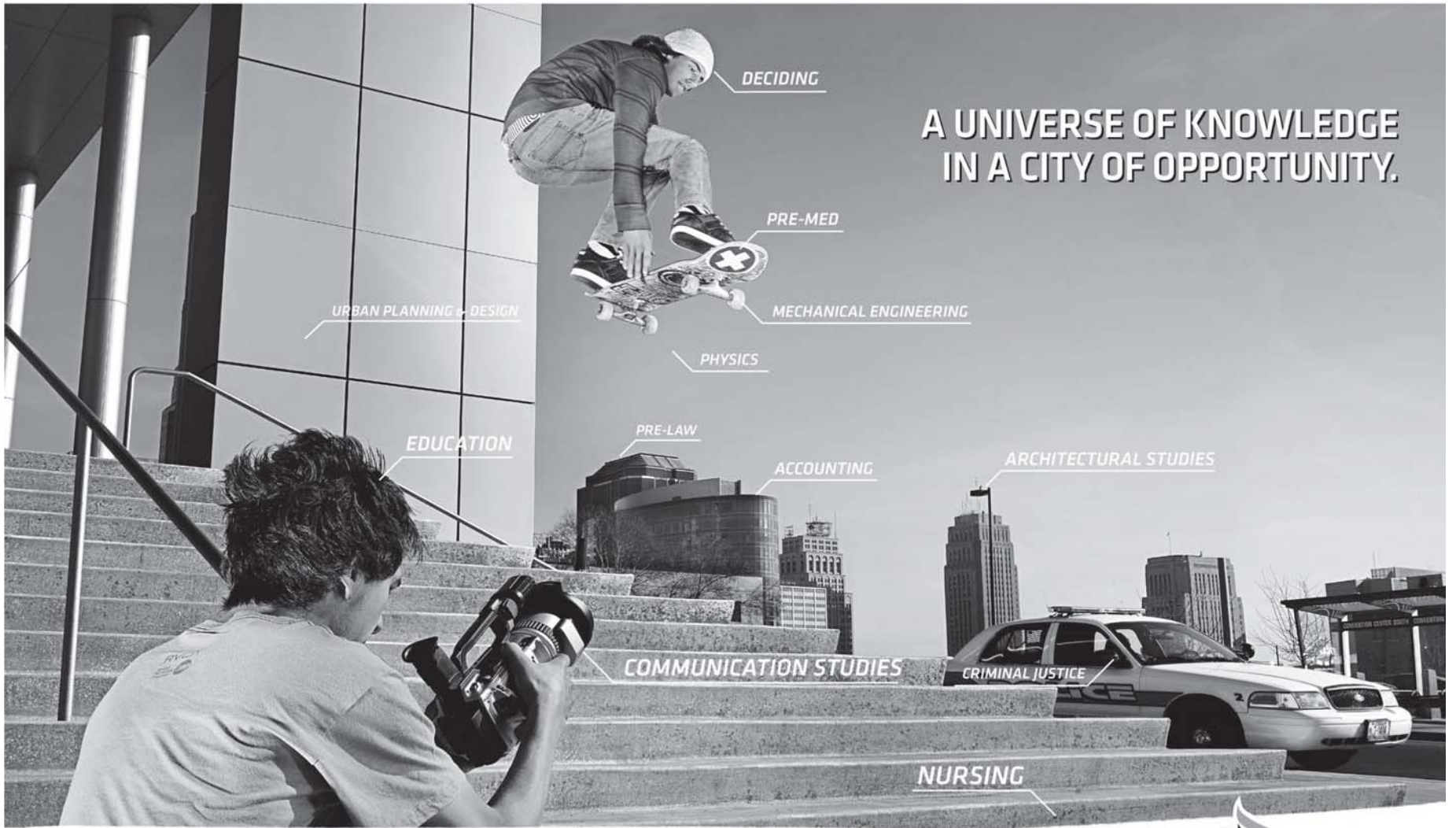
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