

PROFESSOR SPOTLIGHT:

WILLIAM WADLEY PH.D.

ESTHER KELLEY

Some would argue that one has not achieved a liberal education without some knowledge of Art History. William Wadley Ph.D. is one of those arguers; the art historian for Texas A&M University-Commerce; he says that he absolutely loves teaching the subject. This passion for art history is apparent from his lectures which are very dynamic, coherent and organized. Dr. Wadley was first drawn to Art History because of its breadth. Indeed, if you take an Art History course from this professor it will broaden your knowledge of many subject areas including philosophy, mythology and religion to name a few. Additionally, if you feel that you would like to widen your perspective of art history through travel, Dr. Wadley teaches an Art History course in England during the summer through the British Studies Program.

A LEADER'S MINDSET

DANNA STEWART

As members of Phi Theta Kappa, we are expected to be strong, positive leaders for our peers, our campus, and our community. In order to succeed as leaders, we need to have a strong, fresh, positive yet realistic mindset. It is our responsibility to lead by example. There are several articles and tips listed at www.ptk.org as to how to be a positive, successful leader. The key word is respect. It is imperative to respect others while working towards the same goal or when expressing different viewpoints. Plus, as humans, we pick up on the moods of those around us. Make sure you present yourself as approachable and supportive. Environments with good morale are more productive and efficient than those with poor morale. Always see the goal, work towards it, respect the people around you, keep a positive attitude, and maintain an approachable stature and you will become a successful leader on many levels.

SUPPORT THE LIONS BASKETBALL TEAMS

JOHN R. LYNCH

It is one thing to become the Lone Star Conference champions, it's another to be named the NCAA South Central Regional champions, still another to be one of eight teams nationwide in the NCAA Elite Eight, and it is hard to imagine doing all that without the support from the students at Texas A&M Commerce. The Lady Lions are currently in second place in the LSC north division with an awesome 14-5 record, which is slightly better than their 14-7 record at this time last year. They are almost sure to win a spot in the conference tournament and hope to better their winning record in the finals this year. The only problem is that the turnouts for the games are pretty sad, with an average of about 264 people per game; and that is mostly alumni and faculty.

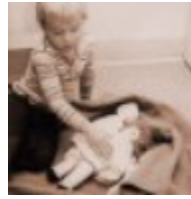
the sports teams. Some have wondered why we have such a low turnout for the games, and it makes me wonder if it is because there is no spirit award, or any kind of kickback for attending the games. It also makes me wonder if the Pi of Texas organization can start something on campus that will be followed by all the other organizations. It is my guess that if we get together and bring as many people as we can to the last four games, that the school will take notice, and challenge other organizations to bring it as well. The dates for the next four games are February 9th, 16th, 20th, and 27th. Let's show the rest of the campus what Lion Pride is all about!

As part of the largest student organization on campus, it saddens me when I see such a poor fan support for the team that has accomplished the most out of all

CHILD CARE GROUP

ALEXANDRA KRIETZSCH

ChildCareGroup provides the highest quality early childhood education for hundreds of needy children and their families. They help more than 10,000 low-income parents find care for their children. They train thousands of child care providers, giving them the skills they need to care for and educate the children they serve. And they advocate for the rights and needs of millions of children across the country. The number of children and families who need their services far exceeds their current funding. Affordable, high quality child care is still inaccessible to the majority of families in need, but changing that fact is not beyond the realm of possibility. More than one hundred years ago, a small group of Dallas citizens were serving less than 100 children. They never dreamed that their efforts would become the ChildCareGroup of today. You can contribute by donating; every penny helps: visit www.childcargroup.org.



GROUP FITNESS

LACY PRICE

On Mondays and Thursdays, the Morris Recreation Center (MRC) offers a group fitness class called Boot Camp. This class is taught by Jessica. The Monday class is from 6:00 p.m. to 6:45 p.m. and the Thursday class is from 5:15 p.m. to 6:00 p.m. Each class offers forty-five minutes of cardiovascular and muscular training. Although Boot Camp stays focused on muscular and cardiovascular training, the class will not get monotonous because each class is different. Jessica comes up with an original routine for each class in order for us to get our work-out. Along with the physical exercise, Jessica offers some personal motivation. As we stretch, she tells us to “lift ourselves up, and push them haters down!” Exercising regularly can increase your self-esteem, and Jessica helps remind us of that during her class time. There are many benefits to keeping a regular workout schedule. One benefit is better cardiovascular health which can help students who have to run across campus to get to class on time. Another benefit is muscular endurance, which can help us feel less bogged down while carrying all of our

books around campus. Besides strength and endurance, exercise is a stress reliever. As college students, we tend to have lots of stress that builds up during the semester. One way to help release the stress is to have a regular workout schedule. Releasing this stress will help us to have a happier and more successful semester! There are many classes offered at the MRC, and even if you do not have time for the classes, the gym is open most of the day.