

Spreading the Holiday Joy

Danna Stewart

It's that time of year again; that we make a point of realizing what we are thankful for. One of the top things on all of our lists should be freedom. What better way to say thank you for our freedom than to send care packages or thank you notes or holiday greetings to our troops who are sacrificing themselves and their families to ensure our freedom? We have all been touched by the lives of our soldiers, whether directly or indirectly. You can visit www.adoptasoldier.us to adopt a soldier that has been injured and is in the hospital. You can also visit www.opgratitude.com and www.ustroopcarepackage.com to find ways to contribute and show appreciation to our brave, beloved troops. Both of these sites suggest several different ways for us to show our support by financial donations, providing items from the wish lists you can view online, and writing letters. While you enjoy your Thanksgiving dinner, give thanks for our soldiers. This year, instead of dreaming of a White Christmas, or stressing over Christmas shopping, send a card and/or a care package to someone who has earned the right to dream of a White Christmas.

HIV/AIDS Awareness on Campus

Esther Kelley

Did you know that you can get an HIV test on campus for \$8.00 at Campus Health Services? Half of all new AIDS cases in the world are people under 25 years old. How much do you know about what it is like to live with HIV/AIDS? Do you know your HIV status? On November 15th, Hope's Voice is coming to Commerce. Hope's Voice is an organization whose goal is to stop the spread of HIV and AIDS through peer education. Through dialogue, college age people who have contracted HIV/AIDS present themselves as living proof that this virus is not prejudiced in who it infects. For more information, go to www.hopesvoice.org. If you are unable to attend this event you can still hear their stories at www.doeshivlooklikeme.org.

Five minute activism

Esther Kelley

I recently went to see John Prendergast (www.enough-project.org) speak about Darfur and what we as citizen activists can do to end the genocide. He said that there are five things you can do that will only take about five minutes each. According to the United States Holocaust Memorial Museum, the first step in confronting genocide is to educate yourself. To find out more about the genocide happening in Darfur or to see satellite images of the destruction in the area, go to: <http://www.ushmm.org/googleearth/>. The second thing that you can do is to advocate coverage of the genocide in the media. Third: tell your government officials that you want our government to provide humanitarian assistance. To contact your government officials go to: <http://www.usa.gov/Contact/Elected.shtml>. Fourth: get your community involved. Lastly the fifth thing you can do is to support the attempts at education and relief by organizations. For more details about five minute activism, go to: <http://www.ushmm.org/con-science/alert/darfur/what/>

Digging up boys

Sara Ragsdale

Next month the Texas A&M University-Commerce playhouse will be having a production of Digging up the Boys by Laura Lundgren Smith.

The show takes place in a mining town in West Virginia in nineteen thirty six. In the first scene we find out that twelve men are trapped in a mine shaft that has collapsed and inside three are still alive. On the surface are the daughter, wife, and sister that they have left behind, waiting to see if they are even alive. They try and get them out with out help from the foreman, who is complete evil. Digging up the boys will be starring Nathan Jacobs, Jacob L. Layton, Atseko Factor, Barry Berryhill, Lakethia Dalcoe, Rachel Fields, and Kristi Smith. Digging up the Boys is directed by Dr. John Hanners. For those bringing children: this play

does have adult situations! The content of this show is for adult audiences, you may not want to bring children. Digging up the Boys runs November 1-4 and 8-11, 2007, with evening shows at 8 pm, and a Sunday matinee at 3 pm. This will be presented on Main Stage. Tickets are \$3 for students (must show I.D.), \$8 for seniors, and \$10 for adults.

Costumes from the closet or second

Sara Ragsdale

Halloween is here and gone fast, and what with everyone being busy with midterms many people don't have a chance to pick out Halloween costumes. So I have several costumes from the closet or second-hand store, which will be great for this year. First we have a Japanese Doll, you paint your face white, add red rosy cheeks shaped in a circle, Hair in buns, thong slippers, and a kimono (Chinese dress). Second is Miss. America, use an old bridesmaid dress, add a pair of gloves, a tiara, some oversized jewelry, and heels. For the banner, a wide ribbon, and write "Miss. America" in glitter. Third is a Soda pop can, use a round barrel, cut a hole in the bottom. You cut holes for arms and your head. Paint it the colors of a pop can. Fourth we have Static Cling, wear anything a solid color is good all white or all black. With safety pins pin anything to yourself i.e.: socks, underwear, bounce sheets, etc. You can also spray your hair straight up in the air. Then we have Mummy; wrap you in white bandages (rolls of gauze) Use splotches of green paint for "mold". Use white make-up on face with "age lines" drawn on. The stiff-legged gait works perfectly. Also, there is Quasimodo, the Hunchback of Notre Dame. Build the "hunchback" out of foam or cardboard. Find an old coat several sizes too large to accommodate this. Old, ratty clothes are great! Wear a scraggly wig and keep putting hand up to ear and muttering "eh?"

Founder's Day

Danna Stewart

"Wisdom", "Aspiration", and "Purity". These are qualities we should all strive towards, both on a personal and organizational basis. The founders of Phi Theta Kappa expected this from the students in their organization, as they used the initial letters of these three Greek words to create the name of their new organization, modeling the new honor society for junior colleges after the prestigious senior honor society of Phi Beta Kappa. Phi Theta Kappa was organized in

next we have a Crash test dummy - After! There is a commercial costume for this, but a good one can be made with sweats and tape to make the markings on it like the crash test dummies. Use bandages and fake blood to decorate. Fashion a seat belt out of webbing and an old buckle and pin in place. (Or go to a junk yard as ask for an old seatbelt). A Lady Bug can be a great costume. Use a pair of black sweats and black sweat shirt (and a pair of black shoes). Use a large piece of poster board or cardboard and cut out a large oval. Paint it red with black dots. Staple black elastic pieces (in a loop) onto the board to make arm holes. For the antenna attach craft pipe cleaners with black pom poms on the ends to a headband. Another good one is a Bag of Jelly Beans. For this one you will need lots of different colored balloons, large clear plastic bag (I got mine from the grocery store - the BIG bags that they put all the recycled cans in). Blow up all the balloons. Cut two leg holes in the bottom of the bag and two arm holes near the middle. Stand in the bag and fill with blown up balloons. Lastly we have my favorite, the Rubics cube. Use a large cardboard box and five different colors of contact paper or construction paper (contact paper is easier to stick on, enough to do 5 sides), black pants and long sleeve shirt. This was done very inexpensively and we had a lot of fun with it.

1918 by presidents of two year colleges in Missouri who sought to recognize scholastic achievement by their students and also to establish a common purpose and standard for honors organizations on their different campuses. On November 19, 1929, the American Association of Junior Colleges officially recognized Phi Theta Kappa. It is on this date that we choose to recognize Founder's Day. Please visit www.ptk.org for ideas on how to spread the news of both Founder's Day and Phi Theta Kappa itself in your campus and your community.

Keep America Beautiful

Danna Stewart

One of the biggest environmental issues we face today is litter. People find it way too easy to throw their trash out of their windows instead of holding on to it for a little longer, until they stop at a place with a trash can or recycling bin. A simple solution to this is to keep a litterbag in your car. Another easy way for each of us to help the environment is to promote recycling at our school and/or workplace. As with any issue we face, our biggest weapon is education. The only way we will be able to stop littering from taking place is to change the habits of people who litter, as well as to start the younger generations off by not littering from the beginning. Keep America Beautiful list a 5 step attitude change process to stop littering:

1. Get the Facts
2. Involve the People
3. Plan Systematically
4. Focus on Results
5. Provide Positive Reinforcement

There are several websites you can visit on this topic. I found three websites alone from www.ptk.org. They are www.kab.org, www.cleansweepusa.org, and www.kabtoolbox.org. Please help in the fight against litter – if not for yourself, for the future generations of those you love.

Quote of the month

Vargha Manshadi

The things we know best are the things we haven't been taught. Vauvenargues

Word of the month,

Repechage: [rep-uh-shahzh] noun,

A race or contest in which the people who lost in one stage of a competition can compete against each other to win a place in the next stage of the competition.

(The team is through to the final after their boat won yesterday's repechage.)

Etymology: [Origin: 1925–30; < F *repêchage* second chance, equiv. to *repêch* (er) to fish up again (re- +

Pumpkin Cookies with Walnuts or Pecans

Vargha Manshadi

INGREDIENTS:

- 1/2 cup butter, room temperature
- 1 1/2 cups brown sugar, packed
- 2 large eggs
- 1 cup mashed or canned pumpkin
- 1 teaspoon vanilla extract
- 2 1/2 cups flour
- 1 tablespoon baking powder
- 1 1/2 cups chopped walnuts or pecans
- 2 teaspoons pumpkin pie spice

PREPARATION:

Preheat oven to 375° F. In a large mixing bowl, beat butter and sugar together until light and fluffy. Beat in eggs, one at a time; stir in pumpkin and vanilla extract. In a separate bowl, combine flour, baking powder and spices; stir to blend.

Add dry ingredients to butter and sugar mixture; stir well. Stir in chopped nuts. Drop by rounded teaspoonfuls about 1-inch apart onto greased baking sheets. Bake in upper half of oven for about 12-14 minutes. Remove pumpkin cookies to wire racks to cool.

pêcher to fish; MF, OF *pescher* < VL *pisc re*, L *pisc r*, deriv. of *piscis* fish) + age]