



Dragons roar through town



Office of Public Information/Courtesy photo

PJC jewelry students, above, took first place with their Homecoming parade entry, which they hand crafted. Celebrating PJC's 85th year was the theme.



Quentin Carpenter/The Bat

2009 PJC Homecoming king and queen Chris Bonner and Yliana Castro were crowned during halftime of the men's basketball game against Murray State on Saturday.

In third place, right, were PJC computer information students with their dragon on his laptop.



Marta Goerte/The Bat



Marta Goerte/The Bat

In second place were PJC air conditioning/refrigeration students. Green and yellow floats painted the streets of Paris at 4 p.m. Thursday, Nov. 5. For more information, please see page 3 for the Homecoming basketball game results against Murray State.

Opinion/News

Working off the 'Freshmen 15'

KOLBIE CARLOW
Staff Writer

I never knew what the "Freshmen 15" were until this year. I think the ladies will care a little more than the guys will, but the term "Freshmen 15" is used to describe the weight a freshman may gain in the first year in college. However, that is just an estimate. We could gain twenty-five pounds! Doesn't that sound like fun to get off when swimsuit season rolls around?

When I first heard this, it got my attention. I have times when I do pretty good watching what I eat, but then sometimes I just don't care. I al-

ways think, "What the heck, I'm young... I can get it off pretty easy." But then I realize, I'm not working out, so how can I get it off? I never have time, and when I do have time it is usually in the summer. Until then the pounds will build up.

I'm usually running pretty late and don't have time to eat at home. Just about every morning, after my first class, I drive to Taco Delite to get a breakfast burrito and giant Dr. Pepper. Fast food: it's cheap, fast, and good, so why not get it?

I have learned, however, drinking water, instead of soft drinks helps. Also, I portion my food, and work out. If we don't drink enough water our bodies store water and fat we don't need. Water decreases appetite, and drinking at least eight glasses of water a day can help us lose weight and burn fat.

Every day I carry a bottle of water around with me and I drink it while in class. It's all I really drink, it's cheap and it's available everywhere.

Drinking water helps, but it also helps to watch what we eat. It's okay to eat junk every now and then, but not all the time. It's good to portion food. I try to eat half of what I get and save the rest for lunch the next day.

I know it's cheaper to go to a fast food place, but I also know some places don't just have junk. I usually get a salad or a chicken wrap, anything that will be light on my stomach. I've even ordered from the kids menu just to get a smaller portion of a burger, if I just absolutely have to have one.

We don't all have time to work out, but just parking farther away from the school and walking can help. For me, even walking around the entire campus picking up all the previous newspapers of The Bat is a workout.

I'm doing what I can to keep the "Freshmen 15" off, but with the holidays coming up soon, I don't know how I'm going to be able to say no to all that food!

Dragon



Puffs

Spring 2010 Registration

Early and online registration for the Spring semester begins Monday, Nov. 16.

5th annual SGA chili cookoff

The 5th annual SGA chili cookoff is to be held from 11 a.m. to 1 p.m. Wednesday, Nov. 18. The contest is open to any PJC groups, organizations or departments. For more information, contact Deanna Young at dyoung@parisjc.edu.

'Private Lives' opens this weekend

Noel Coward's "Private Lives" is to be performed by the PJC theatre students at 7 p.m. Friday and Saturday, Nov. 13 and 14 in the Ray Karrer Theatre. Tickets are \$5 for the general public and free to PJC students with ID.

"Private Lives" is a 1930s comedy of manners about a divorced couple who discover they are honeymooning with their new spouses in the same hotel.

Hispanic Club needs donations

The PJC Hispanic Club is collecting medical supplies for a Honduras medical mission trip that PJC Nursing instructor Randall Childres is participating in. There will be collection boxes located in the Administration building, Workforce Training Center, and the library. Donations will be taken until the end of the fall semester.

Art Department exhibition

The PJC Art Department is to hold a student exhibition from Nov. 16 through Dec. 11 in the Foyer Gallery of the Art Building.

Music Department upcoming events

ENCORE! - 1 p.m. Nov. 21, during Tinsels and Tidings; 6:30 p.m. Dec. 5 at Bywaters Park.

Chorale - 7:30 p.m. Nov. 23 at First Baptist Church.

Chamber Singers - 7:30 p.m. Dec. 1 at First United Methodist Church.

For more info, call (903) 782-0343.

Library hours for exam week

- Sunday Dec. 13 - 5 p.m. to midnight.
- Monday Dec. 14 to Wednesday Dec. 16 - 7:30 a.m. to midnight
- Thursday Dec. 17 - 8 a.m. to 10 p.m.
- Friday Dec. 18 - 8 a.m. to noon



Kolbie Carlow

Final exam schedule

Final exams will be conducted according to the schedule below

Monday, Dec. 14, 2009

Exams are to be given for all Mon. - Wed. classes regularly meeting at these periods:
9:50 a.m. - 11:05 a.m.
1 p.m. - 2:15 p.m.
3:50 p.m. - 5 p.m.
6 - 9 p.m. (All Monday evening classes.)

Wednesday, Dec. 16, 2009

Exams are to be given for all Mon. - Wed. classes regularly meeting at these periods:
8:25 a.m. - 9:40 a.m.
11:15 a.m. - 12:30 p.m.
2:25 p.m. - 3:40 p.m.
6 - 9 p.m. (All Wednesday evening classes.)

Tuesday, Dec. 15, 2009

Exams are to be given for all Tues. - Thurs. classes regularly meeting at these periods:
9:50 a.m. - 11:05 a.m.
1 p.m. - 2:15 p.m.
3:50 p.m. - 5 p.m.
6 - 9 p.m. (All Tuesday evening classes.)

Thursday, Dec. 17, 2009

Exams are to be given for all Tues. - Thurs. classes regularly meeting at these periods:
8:25 a.m. - 9:40 a.m.
11:15 a.m. - 12:30 p.m.
2:25 p.m. - 3:40 p.m.
6 - 9 p.m. (All Thursday evening classes.)

Friday, December 18, 2009

Exams are to be given for all Friday classes during regular meeting times.

Virtual Librarian is ready to answer your questions

STEPHANIE NORMAN
Editor

A Virtual Librarian is available on the PJC website for students to utilize if they have questions. Multiple librarians and "master level students" are the ones answering students' questions from all across the state, PJC Technical Service Librarian Alexia Riggs said.

"We are trying to make it more user friendly," Riggs said.

The online librarian is similar to instant messaging. Students can ask questions regarding books, library cards, essay formats for English papers and more. It can be found by going to www.parisjc.edu, and then clicking the Library Service tab on the left side of the Website. The PJC Library page should appear and the Virtual Librarian box can be found halfway down on the left side of the page. Just type a question and wait for a response.

Hours for Virtual Library use are from 9 a.m. to 1 a.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday; 1 p.m. to 1 a.m. Sunday; and closed Saturdays.

The Bat

The Paris Junior College student newspaper

Comments and views in *The Bat*, the student newspaper of Paris Junior College, reflect thoughts and opinions of individual writers and are not necessarily the views of other students, staff members, faculty, administrative offices, or the PJC Board of Regents.

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LETTERS POLICY

The Bat welcomes letters to the editor. Letters should be typed, double-spaced, signed, and include a telephone number. Mail letters to *The Bat*, 2400 Clarksville St., Paris, TX 75460. Letters will be edited for spelling, grammar, and libelous statements.

To reach staffers: 903-782-0321
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Sports / News



Quentin Carpenter/The Bat

Desmond King (44) puts up a tough shoot. Sedric McBounds (50) waits for rebound.

PJC takes two!

Quentin Carpenter
Sports Editor

Both the men's and women's basketball teams were victorious in their games against Murray State, last Saturday night.

The women's team, despite 31 turnovers, beat Murray State 74-67 to pickup their first win of the season.

Lady Dragons head basketball coach Sean LeBeauf says, "I am happy to come out on top. We have got to handle the ball better. Good

teams handle the ball; they don't turn it over."

The Lady Dragons top scorer was Meoshi Bradley with 16 points; Bradley also had 5 steals. Taylor Ammons scored 8 with 13 rebounds; Destiny Smith 12 points five rebounds and Parris Price 14 points.

Darryl Ellis assistant women's basketball coach, says, "I look at this as a team victory. There were different segments where there were different girls getting open,

hitting open jumpers, and getting rebounds."

PJC's men's basketball team beat Murray state 61-49. Putting the Dragons at 3-0 on the season.

Head Coach Tom Schubert says, "I was very pleased with our team defensively; we weren't good offensively but our defense set the tempo."

Sophomore LaTay Darden lead the Dragons in rebounds with 19, and had 9 blocks. Sophomore Desmond King lead the Dragons with 20 points.

Lady Dragons' volleyball upset over Blinn offers hope for next year's national race

STEPHANIE NORMAN
Editor

For the first time ever in the nine meets against Blinn, the Lady Dragons volleyball team came away with a win. However, they suffered an overall loss in the match against the No. 2 nationally ranked Lady Buccaneers Friday at the Hunt Center.

In the Region XIV District Tournament, the teams play best out of five games in each match. Whichever team is the first to reach 25 points in one game wins.

The match between PJC and Blinn ended after game 4 with PJC taking game 3 only. Final scores

between PJC and Blinn came out to 19-25, 21-25, 25-23 and 17-25.

"This was a first for us," PJC head volleyball coach Justin Maness said. "We are playing with the best of the best in the nation right here. We pushed Blinn as hard as we could."

With seven kill shots each, freshmen Codi Schepp and Heather Rigby led the team. Schepp and Rigby also supported the team with blocks. Schepp with five and Rigby adding four. Sophomore Logan Anglin contributed another six kills as well.

Leading the team with 14 assists was Adrienne Boswell. The

most defensive digs came from Hilary Baugh. Amy Gunter contributed another 10 and Anglin had eight.

"Blinn brought everything they had," Maness said. "We were throwing new stuff at them and we had them on their heels."

Regarding the Lady Dragons' first win against Blinn in game 3, Maness said, "It's going to make them shaky for tomorrow." He also said, "We are looking for a national championship next year. We don't want to stop here."

After Blinn defeated PJC, Panola beat Navarro Saturday night and in the final match, took the tournament title from Blinn.

2009/2010 women's basketball schedule

Bold denotes a conference game

DATE	OPPONENT	PLACE	TIME
	<i>Link: Comments</i>		
11/12	Murray State Tournament	Tishomingo, OK	TBA
11/13	Murray State Tournament	Tishomingo, OK	TBA
11/14	Murray State Tournament	Tishomingo, OK	TBA
11/18	Grayson County	Paris, TX	5:30 p.m.
11/21	Arkansas Baptist	Little Rock, AR	2 p.m.
11/24	Tyler JC	Tyler, TX	5:30 p.m.
11/27	Hill College	Paris, TX	6 p.m.
12/2	Trinity Valley	Paris, TX	5:30 p.m.
12/5	Blinn College	Brenham, TX	2 p.m.
12/9	Lon Morris College	Paris, TX	5:30 p.m.
12/12	Collin	Plano, TX	2 p.m.
1/1	McLennan New Balance Shootout	Waco, TX	TBA
1/2	McLennan New Balance Shootout	Waco, TX	TBA
1/6	Panola College	Carthage, TX	5:30 p.m.
1/9	Jacksonville College	Paris, TX	2 p.m.
1/13	Kilgore College	Kilgore, TX	5:30 p.m.
1/16	Blinn College	Paris, TX	2 p.m.
1/20	Angelina College	Lufkin, TX	5:30 p.m.
1/23	San Jacinto College	Paris, TX	2 p.m.
1/27	Lon Morris College	Jacksonville, TX	5:30 p.m.
1/30	San Jacinto College	Houston, TX	2 p.m.
2/3	Angelina College	Paris, TX	5:30 p.m.
2/10	Tyler JC	Paris, TX	5:30 p.m.
2/13	Trinity Valley	Athens, TX	2 p.m.
2/17	Jacksonville College	Jacksonville, TX	5:30 p.m.
2/20	Panola College	Paris, TX	2 p.m.
2/27	Kilgore College	Paris, TX	2 p.m.
3/5-9	Region XIV Tourney	UT-Tyler	TBA

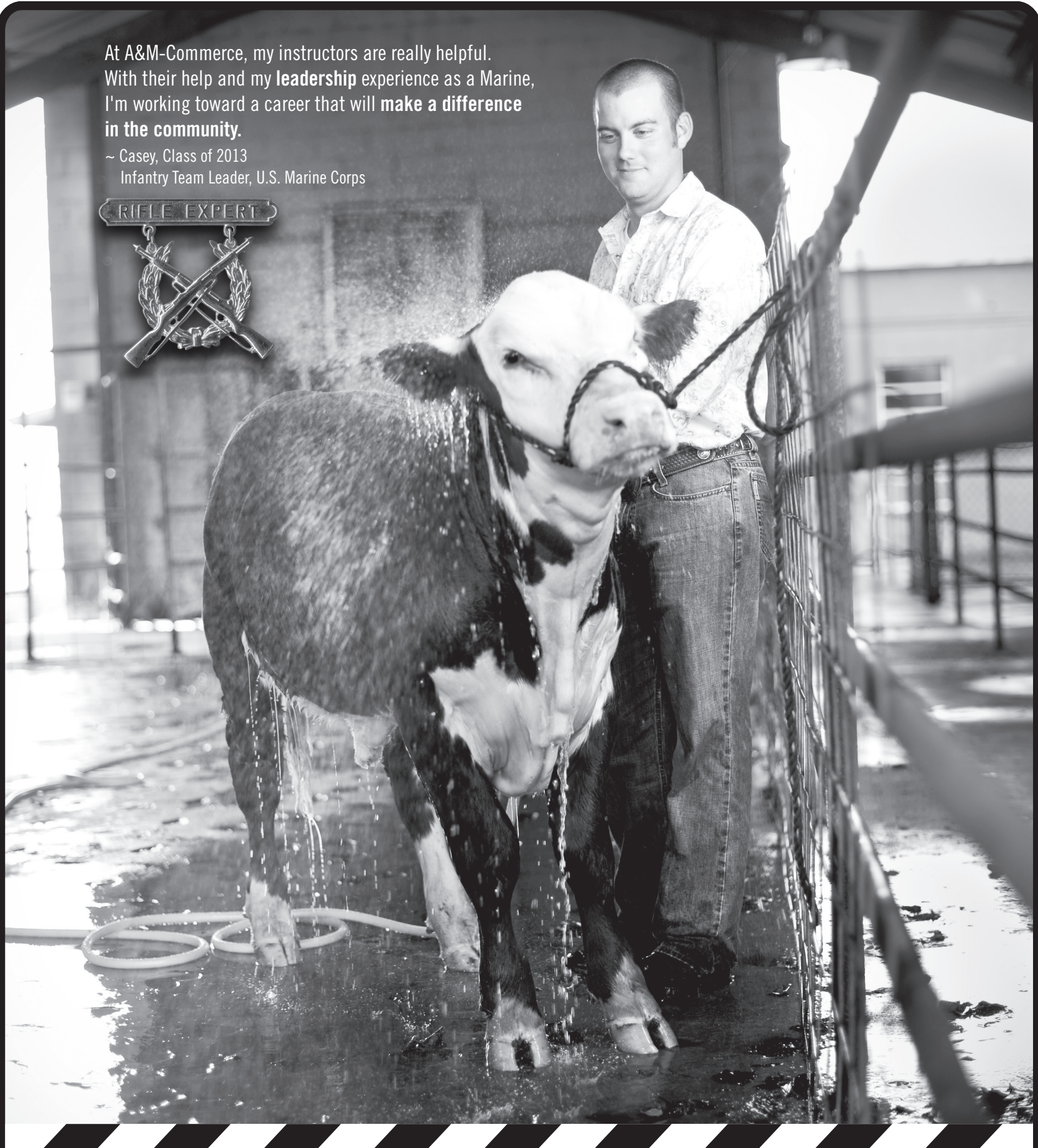


Marta Goerte/The Bat

PJC drama students prepare this weekends performances of "Private Lives" during their final dress rehearsal last Thursday. From left: Erin Murphy as Sybil Chase, Aaron Rogers as Elyot Chase, Callie Henderson as Amanda Prynne, and Chad Duval as Victor Prynne. See Dragon Puffs, page 2.

At A&M-Commerce, my instructors are really helpful. With their help and my **leadership** experience as a Marine, I'm working toward a career that will **make a difference in the community.**

~ Casey, Class of 2013
Infantry Team Leader, U.S. Marine Corps



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