

The Bat



A Student Publication of Paris Junior College
"The Friendliest College In The South"

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HEALTHY LIVING

Top

10

Campus
Safety Tips

**Fitness &
Health**

Healthy eating habits,
local gym information, and
more



College Culture

**The resolution to
exercise**



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The student publication of Paris Junior College

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Stay safe on campus

DAVID DANNHEIM
STAFF WRITER

Personal safety on a college campus is no different from personal safety in any other public place. Paying attention to your surroundings--being alert and vigilant--is key.

Shane Boatwright, Chief of PJC's Police Department, said students and staff should just be aware of their surroundings.

He said students who wear

headphones are especially at risk.

"I have observed many students walking around the campus with headphones glued to their heads," said Boatwright.

"I would make the suggestion, that when listening to music, students should make sure the volume is low enough for them to hear noises around themselves," he said.

"It is important to realize you may be a potential target

for criminals if you are distracted by headphones or even cell phone conversations."

In addition to the tips listed here, students and staff should also review the Emergency Response Plan and the Campus Police information in general, listed under "Campus Police" link on the PJC website.

To reiterate, students and faculty should always stay aware of their surroundings, and alert all times.

Top Ten Campus Safety Tips

1. Have 911 programmed into your cell phones. Also, add the Campus Police phone number, 903-782-0399 as well. Students may also create a contact on their phone with PJC's general office number, 903-785-7661.
2. Make sure to sign up for Dragon Alerts. Go to www.parisjc.edu, then click on "Sign Up for Dragon Alerts" on the Campus Police link. Dragon Alerts are sent by PJC to your phones and emails when there is news of bad weather or campuses that have closed that day.
3. Avoid poorly lit areas after dark. Areas away from the main campus should be avoided unless you have a clear view of your surroundings.
4. Try not to walk alone after dark; instead, if possible, walk with somebody you trust or even other classmates if they are going in the same direction. If there is nobody available to walk with you, you may phone the Campus Police and have an officer escort you to your destination.
5. Be aware of your surroundings at all times; anticipate possible problems, and work to avoid them. For example, if you must walk across the street to the Workforce Training Center building at night, cross carefully. Remember, vehicles may not see you in the crosswalk.
6. Take extra care and attention to lock your car doors, dorm doors, and apartment doors.
7. Designate valuable belongings such as laptops, phones, and other devices as yours by labeling them or even engraving them with your name. For extra measures, you may also record serial numbers from your technology so that you may report that number to the Campus Police if the object is stolen.
8. Never be afraid to report suspicious activity on campus, or report that you feel you have been threatened. Boatwright encourages students to "Contact us [the Campus Police] if they have any problems, including if they are feeling a little 'creeped out'" he said. "We exist to ensure the safety of each student and faculty member."
9. Be extremely cautious when getting into a car to leave the campus with somebody you don't know.
10. Make yourself aware of every exit in the buildings where you attend classes, so you know where to go in case of evacuation.

Creatively share your vision

FROM STAFF REPORTS

Writing - The annual Paris Junior College Creative Writing Contest is to recognize and reward literary creativity. Contest submissions are being accepted until 4 p.m. Feb 23.

There are six categories: short story, poetry, argumentative/informative essay, research essay with documentation, regional literature, and narrative essay.

Each contest winner will receive a cash prize depending on their placing in the contest ranging from first place to fourth place in some categories. The William A. Owens Scholarship Award will be awarded to a student that is determined by a specific set of guidelines.

Any student enrolled in at least six credit hours during the 2011-2012 academic year is

eligible to submit entries in the contest. Students may enter all categories, but a student may submit only one entry per category and may submit only those works not previously entered.

Winners will be announced April 28 at 2:30 p.m. in the Student Center Ballroom on the Paris campus. First place winners will be published in the 2012 "Swingers of Birches." Questions may be directed to Marsha Dennis, AD 124 in Paris at (903) 782-0317 at mdennis@parisjc.edu or look for the green information and entry forms available from English teachers and from office secretaries on the Greenville and Sulphur Springs campuses.

Entries may be mailed directly to Marsha Dennis, communications Division, Paris Junior College, 2400

Clarksville St., Paris, TX 75460. Mailed entries must be postmarked by Feb. 23.

Art - The time has come for the annual PJC art competition. Any active PJC student may enter the contest. The work cannot be older than 12 months. The categories are photography, 2-D art and design, and 3-D art and design.

There are two photography categories; color and black and white. Photos are expected to be 8" x 10" with about 2" of mat showing around the edge. Photos need to be mounted and ready to hang, no frame is required if photos are mounted on foam core. Student discounts for mounting are available at Our Green Botique/Daniel Gallery.

Drawings and paintings of any size can be entered in 2-D art and design. They must be

ready to hang but cannot be hung with saw tooth hangars.

Sculptures, designs and ceramics can be entered in 3-D art and design.

Each piece must be labeled with the name of the artist, address, medium, phone number and category on the back or bottem of the peice. All art must be turned into Susan Moore in the art building.

The last day to enter is Thursday, April 5; the works will be juried the following Monday, and awardees will be notified, and works not selected need to be picked up asap. The top selection of participants will be published in the 2012 "Swingers of Birches" and cash prizes will be awarded to certain places.

For more information contact Susan Moore at 903-782-0438 or at smoore@parisjc.edu.

Lady Dragons give to the Paris community



CHRISTINA GUNLOCK EDITOR

The 2011-2012 PJC Lady Dragons of Thompson Hall held a Christmas food drive in December 2011. All three women's athletic teams participated in the drive. After the drive, the Lady Dragons held a presentation banquet on December 6, 2011.

During the presentation banquet, called Acts of Good Will, participants and organizers were thanked for their help and the food collected was presented to a local food pantry. A presentation to the coaches was also made thanking them for their involvement and dedication through-out the year.

Jacquelyn Mitchell, a PJC-women's dorm supervisor, says, "It's one thing to play in front of your fans, but another to speak in front of people. They were nervous but I'm sure they have grown from the experience. I shared with them from the beginning that they are blessed young women and this project wasn't about them but the example they are for younger girls who aspire to be like them."

Samantha Reynoso, Lady Dragons softball member, Jade Butcher, Lady Dragons basketball member, and Alyssa Nisperos, Lady Dragons softball member, are pictured with the donation box in the women's athletics dorm.

College Culture



ALEXANDER THOMAS
STUDENT LIFE EDITOR

Jogging to a better life

Since a new year has come to pass, I imagine a lot of people, as I have, made New Year's resolutions. One that is infamous for not being done is the resolution to start exercising. I tell myself I need to start exercising again because I have gotten a little lazy. As always, though, procrastination holds me back.

I keep saying "I'll do it in an hour," or "I'll do it tomorrow," but I never do. We all say we will do something that benefits us but when the time comes to do it we do not. All I can say is, the only way we will exercise is to not think or talk about exercising but to, as the Nike logo says "Just Do It™."

Thinking about doing something beforehand allows our old friend Laziness to come over and distract us. I will spend countless minutes arguing with myself about exercising before I do it but once I start doing it, I cannot stop, which is probably the idea behind exercise.

Exercise must become a part of our daily rituals; once we get into the habit of exercising, we start looking forward to getting healthy and that is when we know we have achieved our goal.

When I jogged during the summer, I would not set yards or miles for myself to run but I would set time limits for myself, seeing how far I could jog in an hour, for example. During the summer semester last year, when I was jogging on the trail, I would push myself past my limits every day and I have been paying for it ever since.

You have to know how to pace yourself; otherwise you may end up in the danger zone. You have to know how to be safe when exercising; pushing yourself too hard will give you the exact opposite results of what you are looking to get.

When I was jogging, I could feel something inside my hip rubbing; it did not feel good at all and whenever I go running now I can still feel it. I have learned to set limits for myself now.

You have to have patience when you begin exercising; Otherwise it may be one of those things that you do not

stick to. When you start exercising, start out light and easy then build your way up to more difficult exercises.

For example: when you begin your training regime, start out by finding what your limit is and then stay within that limit for a few days. After that, move up to something a little more difficult and so on and so on until you reach the goal you have set for yourself.

A good idea would be to find a partner to exercise with, someone you can be held accountable to, as well someone who can be held accountable to you. It is also fun to have someone who trains with you. It gives a better sense of the things you are capable of and even helps speed along the process of your body getting into shape.

Staying in shape should not be a choice; it should be a pleasure and something we do, ourselves, to stay healthy. Again "Just Do It™!"



Photo courtesy of Google images



MY TOWN

CHRISTINA GUNLOCK
EDITOR

Nicola (Nikki) Smith, a freshman at PJC, describes England in one word as "fantastic". Nikki moved from Cambridge, near London, to Greenville in 2006. She is majoring in Accounting and is part of PJC's cheer squad. Nikki became involved with cheerleading when she moved to the U.S.; she attended competitions regularly until last year.



Nikki Smith Courtesy Photo

Why did you move to Paris? My family actually lives in Greenville. I just go to school in Paris; we moved to Greenville for my dad's job.

How did you end up living in England? My father was in the Air Force and was stationed over there.

Is your father still in the Air Force? No, my father is no longer in the Air Force but he works with them.

What is the one thing you remember most about England? Getting to visit my cousins every weekend. I don't get that here. I do not have any more family around this area. My dad's side lives in Missouri and my mom's side lives in England.

Do you go back to visit? I have only been back this past summer in 2011; usually my grandma and cousins come over here and see us.

Had Cambridge changed much since you moved to the States? It was a bit of a culture shock. There were a lot more cultures than when I lived there. Each weekend the markets (like flea markets) have a different culture; one

weekend it would be East Indian, another weekend French.

Is there something distinctive about the area you lived in? Yes, it was home of Cambridge University. Living close to an old university town was interesting because there were lots of different cultures in the town.

Did you ever ride the train system and the double decker buses? Yes, it was a three hour train ride to my grandmother's and I rode the double-decker buses in London.

What were your favorite places to go or hang out around the area? Well, I was very involved in horse riding so I spent every day at the stables.

Was there a specific discipline you rode in? Do you still ride? I rode everyday in England and I would participate in show jumping and a lot of other competitions. Every once in a while, when I have free time, I will try and ride horses, but I don't own any horses now.

Is there any English food you miss? Fish N Chips is a

well-known meal in England. It's usually a piece of cod or haddock fried in batter with chips on the side but over here they call chips French fries. It's a tradition to have your Fish N' Chips wrapped in newspaper.

Where are you headed after PJC? UT Tyler

Why did you choose UT Tyler? I have been thinking about transferring to UT Tyler because it is a nice campus and it is close to my parents' house.

Do you want to continue cheerleading at UT Tyler? If I choose to go there I will hopefully try out for the cheer team.

Where do you see yourself in five years? Hopefully living in England, working hard, and making that money.

Are Accounting requirements in England different than the U.S.? In England the requirements for accounting are different; you do not have to take all your basic courses. You pretty much jump straight to the point and only take classes based on your major.

What is a unique story that you have about living in England? I do remember when Princess Diana passed away. It was a very sad time for all of England. Everybody was mourning her death. I remember watching her funeral and seeing all the beautiful flowers. I was young when Princess Diana died. I am thinking I was five.

I also remember telling everyone that I was going to marry Prince William but I guess Princess Katherine beat me to it.

Dragon



Puffs

Valentines Day

Student Activities is hosting a romantic movie and pizza night February 14, in the ballroom at 8 p.m.

UT-Austin transferring

Claire Mizell, Admissions Counselor from UT's East Texas Admissions Center, will be on campus, Feb. 15 from 9 a.m. to 12:30 p.m.. Mizell will be speaking about transferring to UT-Austin from PJC to from 12:30 to 1 p.m., in Room AD 124. All students are invited to attend and ask questions.

Phi Theta Kappa

Phi Theta Kappa is holding a Valentine's Day Basket Raffle. The three baskets, contain coffee mugs, candy and assorted treats. Tickets are \$1 and will be available through noon Feb. 14 at the table in the WTC building.

Mr. and Miss PJC

Mr and Miss PJC will be crowned Wednesday, Feb. 29, at halftime of the men's basketball game. The five men and five women who receive the majority of nominations from the faculty and staff are placed on a ballot for student voting. Nominations must be to Glenna Preston by Feb. 15. gpreston@parisjc.edu

MEET MARY

Class of 2013



LEARN MORE ABOUT MARY AND HOW TEXAS A&M UNIVERSITY-COMMERCE CAN CHANGE YOUR FUTURE BY VISITING:



WWW.TAMU-COMMERCE.EDU
903.886.5000 or 888.868.2682

Mary, an Honors College student studying biology, came to Texas A&M University-Commerce to take advantage of the Honors College full-ride scholarship and to pursue her dream of becoming a neuroscientist.

For Mary, the Honors College presents many great opportunities that can help her as she strives toward her goals. Because she plans to attend medical school after graduation, she is especially interested in writing the required Honors College thesis to add to her résumé.

Along with the academic benefits, Mary enjoys being part of the close-knit A&M-Commerce community and getting to know her professors on a personal level.

“Both the Commerce community and the university are relatively small,” Mary said. “And the small class sizes allow students an opportunity to develop close student/teacher relationships.”

Mary is positive that A&M-Commerce is a great starting point for a career in science and medicine, and is grateful for the knowledge she has obtained at the university.

“When I go on to genetics, cell biology and eventually neuroscience, I’ll have a background in it,” Mary said. “My experience working in the university lab will help me retain the information better and will give me an advantage over other students who don’t have this experience.”



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Hello, healthy college life!

BARBARA TORRES
STAFF WRITER

It is a new year. Many people, students included, resolve to become healthier. In order to start becoming a healthier person, you must think of what you are consuming, how you are exercising, and even how you sleep.

In college, eating healthy can be hard, considering students lose track of time and just snack on anything or, when they do eat a meal, they eat fast food.

PJC's cafeteria offers a variety of foods, from hamburgers to saffron chicken nights. Everything at the PJC cafeteria is freshly made; nothing is pre-frozen.

They make fresh pizzas once a week and they also have a salad bar, deli bar, and dessert bar every day.

"We have vegetables, but most students are athletes; they need the calories and carbs, but we can give them just the meat," says Charolette Webster, Food Service Director. "We don't fry a lot of things. We try to take care of all the students."

Getting enough sleep is also important to maintain health. According to *The College Insider*, students should get about six to eight hours of sleep per day because it helps you stay focused.

Try not to use your phones or computers before going to bed, because it makes it harder to sleep.

Mark Stibich, Ph.D., of About.com, tells how people who sleep seven hours or less tend to be overweight or obese. Lack of sleep impacts the balance of hormones in the body that mess with your appetite, which can cause you to overeat.

Exercise is the third important key to being healthy. There are two gyms, an "old one" and "a new one" at the PJC campus. While the "new gym," the Hunt Center, is for athletic events, the "Old Gym" is open for

exercise.

It is open Sunday-Thursday from 5 p.m. to 9 p.m. to all PJC students with a current student ID.

It is a full size gym with treadmills, weights, and StairMaster StepMill, which is a workout where you just go up the stairs, and much more. It can be found towards the center of the campus, signs posted around the Paris campus will direct students to it.

There is also the Trail de' Paris where you can bike, jog, run, or just walk. All students who are working towards their associate's degrees are required to take an

Intro to Wellness class too, where you learn how to be healthy for a lifetime.

Some gyms around town offer student fees, about \$30 a month. Anytime Fitness located at 4033 Lamar Ave there is no enrollment charge, but you have to sign an 18 month contract.

Paris Fitness and Aquatics has two facilities, located at 2705 Clarksville St. and 1025 Deshong Drive, and charges a \$50 membership fee.

Both gyms have classes such as zumba, spin, yoga, swim, and other classes which help you lose weight, stay strong, and maintain healthy.

Paris also has the YWCA located on 138 Lamar Ave. which offers yoga, hip-hop, and zumba classes with a \$25 membership and no monthly fees.

They also offer free pilates workouts and commando fitness classes.

College is a time of change for most students. People sometimes eat because they are homesick, sad, or stressed and exercising can help you get used to college stresses.

"I feel great; it's the best feeling in the world to me. Workout, shower, smell good. You don't feel good working out but afterwards it's great," says Bruce Rollerson, a PJC student majoring in Physical Education.

He adds, "You always need a mindset. Stay committed, because most people start, but quit because they don't like pain."



Kaitlyn Skidmore/The Bat

Dara Handon works out at the Old Gym on campus.

PJC Dragons back at the plate



Kaitlyn Skidmore/The Bat

Freshman pitcher Ty Huie, throws the ball to a NCTC batter Wednesday at the Hub Hollis Baseball Field. The Dragons lost 6-2 in their first game and won the second 3-0. Lady Dragons took their double header Tuesday against Carl Albert 4-3 and 10-0. (For softball and baseball schedules check the PJC website)



Kaitlyn Skidmore/The Bat

PJC baseball team member number 5 Matt Johnson, takes a swing at a pitch in Wednesday's game against NCTC.



Kaitlyn Skidmore/The Bat

Number 18 on the PJC baseball team David Fox, watches the ball carefully in Wednesday's game against NCTC.