Campus on ten-year expansion schedule

Mike Wiggins
Editor-in-Chief

Monument Hall and the new science building stand out as visual representations of growth at Mesa State College. But college administrators are working on another expansion project which cannot be seen — at least for now.

The MSC Foundation is in the process of purchasing property west of the campus in accordance with a $5 million expansion program scheduled to take place over the next 10 years.

The program was initiated last year with the stipulation that the City of Grand Junction would pledge $250,000 annually over the 10-year period if MSC could raise the same amount of money. Thus far, MSC has complied with its portion of the agreement, having obtained almost $1.8 million of the $2.5 million needed to meet the matching funds from the city.

Kathy Herzog, executive director of the Foundation, said the Foundation has acquired 13 residences so far, but has spent its allotment of money for both last year and this year. She said the focus is now on buying property next year.

"Right now we're negotiating with several people and lining up purchases for 1998," Herzog said.

Homeowners in the area designated for development have mixed reactions about the campus expansion project. Some, like Patty Hall, who works in the college bookstore, and was the first person to sell her house to the Foundation, are willing to move to assist the college in its long-term goals. But other neighbors are reluctant to relocate their homes.

"We like our location, so we don't have any intention of giving it (the house) to them (the Foundation) anytime soon," said Teresa Shields, who has lived across the street from the Early Childhood Education Center at 1415 College PL, for nearly eight years. With five children in middle school, high school and college, Shields said she likes the proximity of her home. Couple that with the fact that she is not bothered by the construction or number of students, and Shields said she will not move her family without protest.

"It's still our home, and it's not like we're ready to say, 'just bulldoze it down,'" Shields said.

Regardless of how many residents sell their home to the Foundation, expansion will cover a multiple-block area west of campus. Current plans are to expand north to south between Mesa Avenue and North Avenue and east to west from College Place to Cannon Avenue. This section will be divided into three areas: the academic zone, which may contain a new art building; the support zone, which may be the site for a building similar to the College Center; and the housing zone, which may see a new residence hall and supplemental parking.

Because the program is projected over a period of 10 years, Herzog said the main goal by 2005 is to have purchased the necessary amount of property, although some construction could begin by that time.

In addition to money pledged by the City of Grand Junction, the Foundation has also received donations from local businesses, foundations and individuals.

City council matches Mesa County Commissioners in UTEC funding grant

Bill Craig
Managing Editor

Three weeks after the Mesa County Commissioners granted the Tillman M. Bishop Unified Technical Education Campus (UTEC) nearly $194,000 in funding for programs and equipment for the campus’ new facilities, the Grand Junction City Council followed suit by granting the same amount at the council’s bi-weekly meeting on Wednesday, Sept. 3.

The board of commissioners voted Aug. 8 to grant UTEC the funds. UTEC is part of Mesa State College, serving as its technical/vocational arm, UTEC is governed by a board comprising officials from MSC, Mesa County School District 21, and the Economic Development Committee.

The UTEC campus is located at Foresight Park, east of 25 Road, and north of Patterson Road. The new programs being offered are computer-aided drafting, communications, and culinary arts, for which an associate’s degree is being offered.

Kerry Youngblood, UTEC executive director, said that the funding that was given will enable UTEC to continue with plans to offer programs that it would not otherwise be able to offer.

The funding will enable UTEC to implement programs in occupational therapy and physical therapy, various disciplines in horticulture, and equipment for graphic arts programs. The funding will also enable a kitchen to open that will be equipped to serve students and others who work and take classes at the facility. It will also serve as an on-site training facility for those who seek careers in the culinary arts.

"This is going to allow us to move forward," Youngblood said.

The city council’s decision to grant UTEC the funding came after much discussion between Youngblood and other members of UTEC’s governing board. Two of the council’s six members, Reford Theobold and Mike Sutherland voted against granting UTEC more funding.

During the meeting, Councilman Earl Payne asked Youngblood if the UTEC will return for more funding requests in the future. Youngblood replied that while he could not speak for the board, he did say that UTEC is adding a new associate’s degree, and that five new degree programs are being considered. UTEC does not currently have the funding necessary to operate the programs.

Jim Fleming, UTEC board member and member of the State Colleges of Colorado Board of Trustees, told the council that new programs will cost about $100,000 a year, and that grant monies will be sought to fund them. He added that School District 21 and MSC do not receive large enough fund amounts to support UTEC by themselves. He said he could foresee requesting smaller amounts from the city in the future.

UTEC has received nearly half of a million dollars thus far from the City of Grand Junction since the facility opened nearly four years ago.

Youngblood said that UTEC has no intention of going back to the city on an annual basis, but he could not be certain. "We don't anticipate being in a situation needing start-up funding," he said.
OPINION

Thirsts for reliable water fountain

Student thirsts for reliable water fountain

Here we sit, once again back in the grind of higher education, and once again I'm gripping. As students, we pay thousands of dollars every year to this college and every year the same stuff is always the same.

I've been here nearly four years and have amassed a debt that could rival the gross national product of Chile, so I think that a little consideration would be in order. After nearly losing my life while crossing North Avenue last Tuesday, I entered Houston Hall with a powerful thirst. Since the government moratorium, and the school slurred up every penny I earn, I had no coins to purchase a beverage. So I went in search of a water fountain.

I quickly found one and pushed the button. The water began to barely trickle out of the little hole. I could almost hear it mocking me.

Not to be outdone, I moved on. The next fountain I found was at the other end of the building. Ah, now I would be satisfied, I thought in exultation. The next fountain had slightly more water coming out of it, but still did not arc high enough to clear the little mouth guard! Once again I was humiliated and left standing around like a fool! What was I supposed to do? Wrap my lips around the cold metal and suck the water out? I became angry, but moved on. Upstairs I would surely have better luck.

Wrong!
The first fountain I found just as much water as the ones downstairs! My ire built inside me like a volcano ready to spew. But then I spied yet a fourth fountain down the now-vacant hallway. My search had made me late for class, but I was thirsty, damnit! And once again on the other side of the building. I buried down the corridor, reached out to the cold stainless steel, my face was close, expecting the same result as before, when, POW! the cold water burst forth and splashed me right in the eye!

So please, I beg of you, before someone goes postal and wastes a dozen students with an assault rifle, adjust these evil machines!

Provide a better future: volunteer your knowledge

As college students, our main goals tend to be bettering ourselves and our chances at a well-paying job. But there are aspects of our learning process that can benefit others as well.

Children, the most eager learners of all, can gain vast amounts of knowledge based on what we do everyday, almost without thinking.

We all have special talents. Some specialize in art, some in math, some in science, health care, automobiles, writing, business, environmental issues, and many other aspects of training. These talents may not even be what we are studying, but a hobby, skill or experience.

Volunteering for the school district can show children that they are valuable enough for outsiders to share time with them. After all, we are fighting youth violence, illiteracy and abandonment.

If we want a better tomorrow, helping the children of today become responsible and intelligent adults will plow the road for success. Showing we care, may help kids' development and attitude.

Don't think "yuck" when you see the word "volunteer." It may mean spending free time that many of us just don't have, but it has its rewards, too. Number one might be the resume and scholarship application forms.

Free time may lead to free money. Many scholarship committees look at an applicant's community involvement. Giving time to teach youth is a perfect practice.

"We all have special talents. Some specialize in art, some in math, some in science, health care, automobiles...and many other aspects of training."

It doesn't have to be a huge commitment either. It can be one time or several. It may be in a school or just one-on-one work.

School District 51, in their recent Back to School issue of the Daily Sentinel, asked for this exact kind of help. They suggested assistance in the computer labs, with reading and writing skills, homework, science fairs, and more. They are glad for any schedule, or range of services.

Today, it is common for both parents to work outside the home. In those situations, the parents become less available than in past years to assist their children with studies. In the old days, ma and pa would sit around the latern and rehearse 2 + 2 with Junior.

With all the new technology in the '90s, advanced math techniques can even frustrate parents. Math majors, who love figures, can teach what they practice.

Encouraging a child to be inspired by books, pictures, numbers, and figures might lead to intelligent leaders, instead of gang members and criminals.

When I have an opportunity to reveal a tidbit of information, knowledge to someone's ear, I get a sense of "Wow, I wish someone would have told me that, when I was there."

High-schoolers could learn a lot about physics, advanced math or English composition from those of us who have experienced it. Sure, they have teachers, but the more individualized attention a child gets, the better their chances at achievement are.

Let's face it, we've gained a substantial amount of knowledge in our years on campus. We can do good by giving and sharing that education with those on their way. When children have the right tools, hopefully they will learn how to build their lives and prosper.

You don't have to be a genius to show a struggling child how to phonetically pronounce the word "saloons." Just have to care about who will run the world after we've had our shot.
Tabloids versus the 'distinguished' media

The O.J. Simpson case was the trial of the century. Last week, the death of Princess Diana, media events of the century, brought the daily rituals of the world to a screeching halt.

While everyone is devoting their time to the circumstances around Diana's death, the question of the right to privacy and the eccentricity of the paparazzi, policy are blaming tabloids and their obsession with uncovering intimate details of celebrities' lives. What you may not realize is that so-called "distinguished" news sources are just as bad - if not worse.

When Princess D1 died, news coverage started from the minute of the accident and continues through today. Pictures of the car at the scene of the accident are flashed throughout the day, followed by the latest breaking news of the story on every news channel from ABC to CNN. Even the funeral was broadcast over national television and pictures of it will be published in magazines for the next few weeks.

These "distinguished" sources of mass media have become more obsessed with her death and what caused it than tabloid media.

Within two hours after the accident, several tabloid organizations came together to issue a statement about their position on the issue. Steve Cox, editor of the National Enquirer, said he would not purchase any pictures of the accident in order to "send a message," according to the Sept. 8 edition of Time Magazine.

While sitting and watching images of the accident, people curse the tabloids for causing her death. If you break down the issues even further, the reason the paparazzi chase celebrities is because of the demand we as consumers place on these publications and television shows.

We fuel this fire every time we purchase magazines or watch TV. This is not limited to publications like the Globe or Enquirer or shows like Extra.

When CBS and NBC broadcast the funeral and procession, they did not interrupt with high-advertised tabloid broadcasts and advertisements. "It would be consid­ered disrespectful," stated Dixon, with the mourners. Was it respectful for us to be there in the first place?

Only 1,000 invitations were issued to the funeral. People invited were those in some way closely associated or related to the princess and the rest of the royal family. I highly doubt that CBS, NBC or any other publication was on that list. But by the power of the freedom of the press, coverage is allowed to many publications. If the family of the deceased individual wants to limit the attendees of the funeral, this should include members of the press as well. Talk about the funeral didn't allow millions to view it upon it through their televisions.

For "distinguished" sources of media to handle every detail of issues surrounding the princess's death makes them more disrespectful than tabloid's. Tabloids have backed off and other forms of media have promised to keep the public informed as to "exactly what happened that night." Irony or just plain hypocrisy?

Now it's not just the tabloids giving members of the media a bad reputation, it's other news sources, as well.

The bottom line of the whole thing is that the advertising agencies consider it disrespectful to advertise during the funeral, how can it be respectful to show the funeral itself for rating purposes?

Think about it, why are the paparazzi obsessed withpictures? Why are news stations obsessed with covering the story? Because we buy it.

If we had better things to do than keeping tabs on other people's lives, this ex­cessive coverage of such people would not exist. If you don't have the market, you don't need the product.

Margaret Carlson's article, "Blood on Their Hands? Her death is sure to inflame the war on the paparazzi" closing statement was, "We can blame only the press if we stop watching."

People spend their time crying that tabloids are tacky and tasteless. Yet, cov­erage of the Princess Diana "murder" is everywhere you turn. If the tacky tab­loids can back off celebrities, there is no reason why "tasteful" media cannot do the same.
Psychology club booking flood relief for CSU

Jennifer Barton
Staff Writer

Devastating floods ravaged Fort Collins earlier this summer. Five people lost their lives and millions of dollars in damage resulted. One of the places that experienced the most extensive damage was the Colorado State University library.

All bound journals, thousands of books and 18,000 items were lost when water swept through the basement of Morgan Library on the CSU campus. In an effort to replace what was lost, the MSC Foundation has compiled a list of lost items. This list can be found at the CSU website at: http://www.coalliance.org. Donations and donor information cards are also provided at the site. The psychology club is acting as liaison for the school and community in order to replace the books.

"I was concerned about damage to CSU and its library when I first heard of the flooding in Fort Collins," explained Teresa Mays, web director of psychology club and the chair of the Flood Relief Committee.

In order to start the project, CSU has compiled a list of lost items. This list can be found at the CSU website at: http://www.coalliance.org. Donation and donor information cards are also provided at the site. CSU is asking potential donors to fill out the cards before sending anything. Once they receive a card, it will be compared to the list of needed items and if the donation is accepted, CSU will notify the person and shipping will be arranged.

The psychology club first heard of the book replacement effort when a note going out to retiring professors begging them for old books, found its way into the hands of the club.

"We had been looking for a way to help CSU, but it had to be something that was manageable," Mays said. "This sounded like a really good way to help fellow colleagues on the other side of the mountains."

Donors can compile a list of books or journals they are willing to donate and send the list to the psychology club through campus mail.

Mesa County Library
Call Dr. L. Luis Lopez at 248-1120 for more info.

Memorial to be held in Houston

The "celebration of life" service for Dr. Thomas Mourey, who succumbed to cancer last summer, will be held in Houston Hall room 129, Friday Sept. 12, at 3:30 p.m. The article about Dr. Mourey in the Sept. 3 issue of the Criterion did not give the right location for this memorial service.

Work study deadline approaching

Students who have been awarded work study funds have until Sept. 22 to sign their award letters and secure employment with MSC.

Tom Valles, financial aid counselor, said that students who have not secured employment after the deadline will have their awards canceled. An evaluation will be made at that time to determine if funds will be available for those students who were not previously awarded work study, and if those students are eligible. However, it would be difficult for students not previously qualified to acquire work study funds, Valles said. Furthermore, students have to be attending full-time.

Valles said there are plenty of off-campus employment opportunities available.

Stop by the financial aid office in Lowell Heiny Hall for more information.

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CRITERION NEWS
September 10, 1997
Center offers students healthy care choice

Dani Weigand  
Copy Editor  

The Mesa State College Student Health Center offers students an alternative to expensive visits to the doctor.

Located on Orchard Avenue, Suite O, in the Community Hospital Medical Plaza, the center’s staff of a registered nurse, health care practitioners, physicians, and other health care professionals have opened services to students.

The health center services range from physical examinations to family planning. The center’s staff of nurse practitioners, physicians, and other health care professionals have opened services to students.

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One of the benefits of the Student Health Center is the fact that students are not required to have health insurance. The center does advise that students should be under some type of coverage. MSC offers a group policy that can be obtained in the business office in Lowell Heiny Hall.

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The hours for the health center are Monday through Friday, 8 a.m. to 5 p.m., however physicians’ and practitioners’ hours vary. If a student is injured or needs attention after hours, care can be provided through Community Hospital.

A physician is always available through the Emergency Care Center, and a nurse will be available to assess the situation by calling 256-6490. Students will be responsible for paying for Emergency Care Center services and physician fees.

For more information about the Student Health Center, call 256-6345.

ASG teams up with local church to help needy

Mike Wiggins  
Editor-in-Chief

Mesa State College’s student government is doing its part to help those in need in Grand Junction.

At Monday’s Associated Student Government meeting, members of the general assembly pledged to work throughout the year with St. Matthew’s Episcopal Church by sending the MSC football team to help those in need.

Josh Penry, ASG president, said applications are still being accepted for the position. The athletic department is responsible for funding the football team.

How the Board of Trustees and the Colorado Commission on Higher Education operate, Gutierrez said it was important that the general assembly understand how many of the decisions handed down by these two entities affect students.

A correction to last week’s ASG story: the article inaccurately implied that the $970 appropriated by the ASG to the “Get on the Bus!” program covered the cost of sending the MSC football team to the game. The athletic department is responsible for funding the football team.
Crime Stoppers report

Crime Stoppers is assisting the Grand Junction Fire Department in looking for unknown individuals who have been setting dumpsters on fire.

Over the past year, several fires have occurred downtown primarily in alley areas. Most of the fires were started in dumpsters or in trash piles left in the alleys behind businesses. The fires have occurred in the area between Ute and Rood Avenues, and Third and Seventh Streets.

The latest fire occurred on Monday, Aug. 25, just after midnight. It spread to a business in the 400 block of Colorado Avenue, and caused approximately $50,000 in damage.

If you have information on this crime, or any other serious crime or fugitive, call Crime Stoppers at 241-STOP, or 1-800-221-STOP.

Academic Services offers
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Chem 131
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7:30 - 9:00 pm
Houston 201
Tessie Hurford, Tutor

BOOK from page 4

either Teresa Mays at tmays@mesa5.mesa.colostodo.edu, or Mary Schooner at mrschoon@mesa5.mesa.colostodo.edu.

The information that should be provided should someone choose to donate books are whether it is a book or journal, the author(s), title, publisher, volume number and year(s). These donations are tax deductible. Monetary donations will also be accepted.

Mail check or money order to: Colorado State University Foundation, P.O. Box 1870, Fort Collins, CO 80522-1870.

Designate donations for the Morgan Library Flood Relief Fund.

Just for the taste of it. Diet Crite!

PLAN from page 1
and organizations, individual contributors, and Mesa County.

"It's the project been really successful so far," Herzog said. "It's just that we need to finish that last set of contributions."

Learn to kayak!
September 19th, 20th & 21st
Get the feel of the boat on Friday night and then advance to the river for two days of instruction in rolling and paddling technique.

Pre-trip meeting Thursday Sept. 18th @ 5:30 p.m.

248-1428
M - F
12- 4 PM

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Festive films present native Indian tribes

Jared Hargrave  
Staff Writer

The Native Colorado Tribes Film Festival is coming to Mesa State College on Saturday and Sunday, Sept. 13-14 in Luff Auditorium in the College Center. The film festival, sponsored by the college, begins with an afternoon and evening session on Saturday.

According to Larry Cesspooch, festival coordinator, the focus of the festival is Punning, who has worked at MSC for 34 years in the 1997 Employee of the Year Award.

Dunning is the administrative assistant for the School of Humanities and Social Sciences. Each month one outstanding employee is recognized, and at the end of the year, one of those winners is selected for the award.

Dunning started her career at MSC in 1963, but it was during her 15 years under the supervision of Dan Showalter, the college's first dean of humanities, when she really became motivated.

"He made my job interesting, and I enjoyed working for him," she said. "I enjoy working for everyone I work for."

Dunning tries to make Colorado aware of its native tribes and how the Ute, Arapaho and Comanche tribes will be featured by the festival.

Representatives of the tribes and filmmakers will sit on a panel and address issues regarding Colorado's acknowledgment of what has happened to its native tribes. They hope the discussions will allow healing, recognition and inclusion to what Colorado has done to these native tribes' traditional homelands. Representatives believe the films bring about public understanding of Colorado tribes and what they have suffered.

"We hope the film festival will be an annual event, and in the future the Native American Community will sponsor it rather than Mesa State College," said Karlleen Dunning, administrative assistant for the School of Humanities and Social Sciences.

Dunning has been instrumental in organizing Indian festivities on campus and in the community.

The festival will be comprised of three finalists for the Governor's Distinguished Service Award. She will travel to Denver on Oct. 8 for a luncheon, where the winner will be announced. Janine Rieder, dean for the School of Humanities and Social Sciences, nominated Dunning for the award and will accompany her to the luncheon.

One reason Dunning is being honored with these awards might be that the students and staff of MSC respect her attitude. "I do everything I can for the students," she said. "They're the reason why we're here."

Women, get your wrenches ready

Juliet Heniford  
Staff Writer

Single, divorced, or widowed women now have the opportunity to learn simple home maintenance. Mesa State College's Unified Technical Education Campus (UTEC) is hosting several classes beginning Wednesday, Sept. 17 and continuing through Wednesday, Nov. 12, from 6 to 8:30 p.m.

These classes are held in conjunction with the American Association of Women (AAWU) in order to teach women skills that have traditionally been a man's domain.

"Before I got married I didn't know how to change a tire. These classes are trying to teach women skills that they need so that they can do simple things themselves and not be at a complete loss as to what to do when there isn't a man around," said Julie Lunzer, coordinator for the classes.

"These classes also teach women what they can't do, when to call a professional and how not to be taken to the cleaners when they do call someone," she said.

The first class, Sept. 17, is "Outdoor Systems." Instructor Jim Peel will introduce the class to maintenance on irrigation pumps, sprinkler heads and timers, evaporative coolers, and if time allows, lawn mowers.

On Oct. 1, Gary Looff will teach basic automobile maintenance, including changing a tire, checking and changing fuses, checking belts and hoses, and filling fluids. He will also teach how to not get taken advantage of by a mechanic and when to go to a professional.

On Oct. 15, basic electrical systems will be covered by a professional in that field. Subjects include basic residential-electrical maintenance, resetting breaker boxes, repairing frayed cords, replacing broken light bulbs, and knowing when to call an electrician.

Basic plumbing will also be taught by a field professional on Oct. 29. This class will include information on basic residential plumbing, repairing leaky faucets, repairing disposals, maintaining toilets and other plumbing basics. Students will also learn when to call a plumber.

Melissa Shamoo will teach an introduction to computers on Nov. 12. This class offers very basic information, such as, what a computer is used for, an elementary introduction to the internet, basic programs and introducing PC hardware.

"It is geared toward people who don't know how to turn the machine on — perhaps a grandmother whose grandkids play computer games and she wants to learn to play with them," Lunzer said.

Although these classes are geared toward single women, anyone who is interested is welcome to attend. The cost for the classes is $20 per session; however, if you buy four classes, the fifth is free. Proceeds from the classes will be used to fund a yearly scholarship for a non-traditional MSC female to attend UTEC.
There is no such thing as “best” in a world of individuals.

Notes to Myself
Hugh Prather

Nature for students

Matthew Tezak
Assistant News Editor

MSC's Outdoor Program is exploring Colorado's great outdoors.

Backpack to a scenic location and experience the cool nights of the desert with the Outdoor Program. The team will find their way through the canyon lands of Utah on an overnight trip Sept. 13 and 14. The bold will learn how to float the rapids of West Water Canyon on a kayak on Sept. 19-21. Those on this trip will learn to roll and paddle in a kayak. There will be three days of instruction on maneuvering, paddling and rolling the boat. The cost of renting kayaks for this three-day instruction is posted in the Outdoor Program's office, located in the College Center. Adventurers can expect to learn the basics of rock climbing on Sept. 27 and 28. Leaders will demonstrate knot-tying techniques and how to use rock climbing tools.

MSC students can rent any equipment from the Outdoor Program's shop. Operating hours are from noon to 4 p.m. Monday through Friday. Students can call 248-1428 for more information.

Come and experience Colorado's great outdoors with fellow classmates and with experienced guides and instructors.

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GJ CO
Parent-child relationships begin with class

Neisha Rogers
Staff Writer

Mesa State College’s Early Childhood Education Center (ECE) has a preschool program that promotes parental involvement as well as children’s interest in learning. There are five programs for different ages and development levels of the child. The curriculum is designed to develop a child’s decision-making, socializing, communicating, and creative thinking, as well as several other skills.

According to Virginia Beemer, ECE program director, “This program is beneficial at three different levels; parents, children and students.” It provides a convenient opportunity for parents to obtain valuable information concerning their child. The children are taught skills that benefit them for life. Students enrolled in the ECE program are given hands-on experience with children that will assist in their understanding of childhood development and parenting.

The Parent Education/Preschool Program at MSC involves parent and child classes. In order for a child to attend the learning program, one of the child’s parents must be enrolled in the parenting class. A student or community member who does not have a child is welcome to attend. Classes are available on a first-come, first-serve basis. Each session is offered every semester and has a capacity of 150 children, ages 16 months to five years, and their parents. There is also a summer-camp session available. Times for classes vary. In the daytime, classes meet once a week for two hours and are worth one credit. Evening workshops are held once a month and are not credited. Current tuition costs apply, but discounts are available. For more information, contact the ECE office at 248-1333.

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Hungry?

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7:00 am - 4:00 PM!

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Free Pool Night!!!

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Thursday, September 11th, 1997
7-9 PM

Game Room Hours are:
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GETTING FIT FOR LIFE
3 simple ways to healthy living
LIFETIME FITNESS PART 2

Only a few years ago most thought it was normal for our bodies to lose their strength with age. Once firm muscles became soft, bones grew brittle and energy level lowered. Now we know that much of the aging process was caused by a lack of exercise. You can be rewarded with health benefits, by continuing to focus on exercise.

Strength training
Strength training has extra bonuses, too. Resistance exercises that improve muscle strength also improve bone density. People who are doing aerobic exercises and weight-training have greater bone density than those who perform only aerobic exercises. This is important for menopausal women since they are losing bone mineral at a faster rate than aging men.

Weight training
Weight training for aging adults should have special modifications since lifting heavy weights is not recommended. Some exercise specialists say you can get enough muscular work by doing calisthenics such as sit-ups, push-ups and pull-ups. (Too many pull-ups may increase blood pressure). Also recommended because the machines are very safe and work with almost every important muscle, are weight-lifting equipment that use a mechanical cam that varies the resistance of the weight in proportion to your muscular strength.

Stretching
Stretching should also be added for flexibility. As you age, the connective tissues in your joints, ligaments, and tendons shorten and stiffen. Tightness in the hamstring muscles and Achilles tendons, along with weak stomach muscles, can cause serious back problems.

Stretching lengthens these tissues and restores their range of motion and flexibility. Just ten minutes a day of stretching exercises can help prevent injury.

Here are a few rules for stretching. You should warm-up first by walking for a few minutes so that the muscles are somewhat loose. Never bounce while stretching and don’t stretch to the point where you feel pain. This could cause you to tear the tissues you were trying to protect. Instead, slowly stretch to the point where you feel a slight pull. Hold the stretch for thirty seconds if you can, but release before that if it hurts.

Exercise can be difficult to maintain, but even just a little physical activity each day will add healthy benefits to your life.

This article is not intended to provide individual advice which should be obtained directly from your health care professional.

Co-sponsored by Campus Rec Services
Fourth quarter penalty kills Mavs' bid for upset

J.P. Menger
Assistant Sports Editor

If a football game was only three quarters long, the Mesa State Maverick football team would have been the talk of the town this week, because they would have beaten the University of North Dakota, 15-13, 15-11, 15-9. The only loss came against the University of Colorado. MSC 0.

The fourth quarter spelled doom for the Mavs. With only 1:43 gone in the fourth quarter, as the Mavs took a 21-7 lead, the score didn't change after the Mavs gave up three touchdowns to UNC in the last four minutes of the game.

The Mavs' linebacker Jake Stueffs UNC running back Billy Holmes during the second quarter of the Mav's 28-7 loss to the defending champions on Saturday.

Brett Sorge
Staff Writer

The Mesa women's soccer team hopes that coach Jim Buchan doesn't have to bring out the razor anytime soon.

Buchan, in his second year as coach, told his team that he will not shave his face as long as coach, told his team that he will not shave his face as long as he gets his team to the NCAA National Tournament. The Mavs want to continue their offensive play, and Buchan said, "We got some momentum going into this third quarter, our offense took off and we were able to control the game."...
Welcome back for another great year of SPORTS! Good luck to all the Maverick Athletes and may championships be with you.

A great week for the Mavs... Soccer is just kicking it with a 6-0 record, while outscoring their opponents 30-2.

The Lady Mavs volleyball team knocked off the #1 ranked team in D-II champs and now stand at 6-0. The football team put up a gallant effort against the national champs on the road.

Just Hafta Have Sports! So bring your loudmouth friends, drink your pregambeverages (iced tea etc.) and come out and support your Mavs. Have fun, and they will bring home victories.

Butch Miller

new offense and new defense should lead to new success for the men in maroon and gold this year.

I think college football is wide open for the first time in years, as long as Nebraska doesn’t give Tommie Frazier another red-shirt. When does Nebraska play anyone worth mentioning? Actually, I hear Central Florida is the fourth best team in its state.

Greeley, you missed a good palindrome (which is going on 10 years) and come out and support your loudmouth friends, drink your pregambeverages (iced tea etc.) and come out and support your Mavs. Have fun, and they will bring home victories.

For those of you that didn’t get to make the trip to Greeley, you missed a good football game. For the first time since I’ve been here, (which is going on 10 years) the Mavs played as a team. They played with excitement, enthusiasm and heart.

The new-look uniforms, football vs. Panhandle State Hall of Honor Game, 7 p.m. Saturday Sept. 13 at Stocker Stadium.

Volleyball at Colorado School of Mines, Thursday, Sept. 11 at Colorado Christian University, Friday, Sept. 12 at The Met, Saturday, Sept. 13. All Times are 7 p.m.

Women’s Cross Country at Colorado College, Saturday, Sept. 14

Women’s Golf at BYU Invitational, Sunday, Sept. 14 - Tuesday, Sept. 16

Soccer at Colorado Christian University, 2 p.m. Friday Sept. 12 at Regis University, 1 p.m. Sunday, Sept. 14

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S.H.A.C. TALK

The Student Health Advisory Committee (SHAC) got off to a good start this past year by making an observational visit to UNC, doing groundwork, and establishing bylaws. The purpose of SHAC is to gather student feedback for the college health center and provide MSC students with educational programs (such as the Katie Costner story in October), a column in the criterion, etc.

As the first major undertaking of SHAC, four MSC students were able to attend the National American College Health Association (ACHA) conference at the end of May. Grants allowed club members to travel to New Orleans for the week long conference. We were able to choose from a wide variety of college health related sessions in which to participate. Some of these topics will be discussed in our SHAC Talk column. While in New Orleans, we had the opportunity to spend some free time enjoying the culture and food. I thought it was a great experience for us as a new club and on an individual level.

In the future, we hope to attend other regional meetings and the annual ACHA conferences as well as provide a service to the MSC students and Health Center.

Student Health Center Hours: 8AM - 5PM Monday through Friday Lunches off from 12-1 daily.

Phone: 256-6345. Call for Appt.

Walk-ins are welcome.

1060 Orchard Ave., Suite 0 Across from the MSC tennis courts in the Community Medical Plaza

If you would like to join an informative, active and interesting club, and have a lot of positive energy, please call Tim @ 248-1111.
Hall of Honor from page 12

Hamilton attended MSC in 1974 and holds many titles as both a baseball player and as an assistant baseball coach. Among these honors are 1978 MVP and All RMAC Conference. Hamilton is the president of Home Loan and Investment.

Haraldson guided the MSC men’s basketball team during its transition from a two-year to a four-year program. While at MSC, Haroldson won the RMAC Championship in 1975-76, 76-77 and 77-78. He now is the head basketball coach at Pacific Lutheran University.

Monson came to MSC as a walk-on quarterback in 1982. Monson held the small college record of 236 passes without an interception. He achieved All-American Honors in 1983, while leading his team to the RMAC and NAIA National Championships in ’82 and ’83.

Monson is now a statistician for the EPA in Denver.

Also being honored is Ivan Luster, Swire Coca Cola Division Manager, for his contribution to the athletic program.

The second annual Swire Coca Cola Hall of Honor will be held on Friday, Sept. 13. All games are at 7 p.m. “This should prove to be another exciting weekend,” Crick said.

Volley from page 12

against Colorado School of Mines Thursday, Sept. 11, 10th rank Colorado Christian University on Sept. 12 and 21 ranked Metro State on Saturday, Sept. 13. All games are at 7 p.m. "This should prove to be another exciting weekend," Crick said.

Jefferson Sweeney’s NCAA Top 10 Breakdown

1. Florida (1-0) Beat Central Michigan 82-6
2. Florida State (1-0) Beat Southern Cal 14-7
3. Washington (1-0) Beat BYU 42-20
4. Penn State (1-0) Beat Pittsburgh 34-17
5. Tennessee (2-0) Beat UCLA 30-24
6. Nebraska (1-0) Idle
7. Ohio State (1-0) Idle
8. Colorado (1-0) Beat CSU 31-21
9. Louisiana State (1-0) Beat UTEP 55-3
10. North Carolina (1-0) Beat Indiana 23-6

Heisman Hopefuls

Peyton Manning, QB, Tennessee 57% comp., 341 yds., 2 TD, O INT, in 30-24 win at UCLA

Randy Moss, WR, Marshall 5 rec., 186 yds., 2 TD, 234 total yds., in 35-27 win at Army

Ricky Williams, RB, Texas, Idle
** Classified ads are FREE for students. Come on by the Criterion in room 113 of the College Center.**

**FOR RENT**

**WAKEFIELD**

Property Management

1321 Kennedy: Comfortable studio and one bedroom with appliances & on-site laundry. Walk to Mesa State. Rent $325 & $395 includes heat. Manager 245-6101 or office 245-6411.

$150 First Month Rent! Plus all utilities included at Glenwood East Apartments, 1330 & 1360 Glenwood. Spacious one bedroom apartments with two distinctive floor plans. Mesa State area. Mature. Cat OK. Rent $395 & $425. Manager 245-6101 or office 245-6411.

$150 First Month Rent! Plus all utilities included at College Apartments, 1225 Bunting. Large one bedroom apartments with appliances, huge walk-in closets & on-site laundry. Mesa State area. Rent $395. Manager 245-6101 or office 245-6411.

$150 First Month Rent! Plus all utilities included at Chateau Apartments, 1300 No. 21st Street. One and two bedroom apartments with on-site laundry facilities and lighted off-street parking. Rent $425 and $495. Manager 434-4461 or Office 245-6411.

Room for rent: Private home- 2 blocks from campus. Private parking, microwave oven and refrigerator. Please call 245-7664.

2 bedroom: basement apartment near college. W/D all utilities included. No pets, no smoking, available immediately $525 per month. Call 256-7967.

Room for rent: in home with college students. I block from campus, $250/month. Share utilities, $100 deposit. 256-9844.

**FOR SALE**

**BOOKS:** excellent condition. Two used textbooks for college courses: Intro to Business and American Government. GREAT DEAL! Call 434-7570 ASAP!


For sale: IBM computer. PS2 Model 50. Includes WordPerfect 5.1, internet programs, games, and a brand new printer. $300 GBO. Call 245-5310. Ask for Jared.


For sale: 1991 Honda Civic, hatchback, tea, 89,000 miles, sunroof, excellent gas mileage. Great car and very economical. $5,100. Call 256-7136.

Men’s and ladies’ bicycle: $50, table lamp $10, new Levi’s jeans $20, Eddie Bauer ladies’ watch $20, full size lipstick $4 or best offer. 242-0279.


Rabbits for sale! Pet, show, breeding. Desperate to sell. Suzanne 434-2154.


**HELP WANTED**

Need a little spending cash? Like children? Wanted: responsible person to watch child in my home. Some evening and weekends. For info call 241-5197.

Marriott’s Catering Department needs fun and energetic students to work flexible hours. Pick up applications in the food service office.

Get paid for recycling! Help wanted - MSC Recycle Center. Apply at Facilities Services, 1175 Texas, or call Mitch Elliott at 248-1571.

Need housecleaning done ASAP! Christian father needs childdoctoring on a PRN basis for my 6-year-old son. References required. Call Geo at 243-6801.

Need housecleaning done once a week at my home. Will pay top dollar for outstanding work. Call Geo at 243-6601.

Models: professional photographer needs female figure models, 18 years or older for fine art portfolio and special projects work. Potential income. For information, call 245-0949.

Mali Thai Restaurant needs a part-time hostess. Apply at 257 Highway 50 South or call 255-8444.

**ANNOUNCEMENTS**

New Year, New You! Need a new look? For a free facial, please call Mary Kay consultant Amy at 434-7590.

Surf the internet! Get your personal computer connected to the internet through Mesa State College. Must be valid student or faculty. Call 243-1189.

On-site computer repair, maintenance, upgrade, and instruction. Get rid of those pesky glitches. Call to get your system running smoothly. Call 243-1189.

Language for children. I have a 5-year-old daughter interested in finding other 4-6-year-olds to take Spanish and/or French lessons with her. Give your child the gift of fluency in another language. For info please call Jeptha 434-0460.

Grand Valley Community Theatre will be holding open auditions Sept. 14-16 for a two-act comedy. 2 men/2 women ages 20-40 yrs. needed. For time & location call 245-5195.

Theatre majors! Let’s face it. You need pictures. I need money. Let’s help each other. Quality photos at reasonable prices. Call Bill at 434-7516.

Mesa students help foreign students practice their English. Join our Conversation Circle Tues./Thurs. 10:45 a.m.-11:30 a.m. Each class we discuss a controversial topic. Call April Minich at CEITI, 245-7102 or 245-7023.

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**CLASSIFIEDS**

September 10, 1997  Page 15

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The literary Review is now accepting submissions for the 1997/98 edition.

**DEADLINE OCTOBER 27TH**

Stop by for a copy of submission guidelines WW room 122 or call:

Nora Young, editor 2 4 Fri. at 248-1922

Alison Tabor, Assistant Editor 12 2 Fri at 248-1922

Richard Berkley, Faculty Advisor 248-1206

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saturday 9:00 - 1:00
Lectures and Forums Committee and School of Humanities and Social Sciences present
‘Native Colorado Tribes Film Festival’
September 13 & 14
Lift Auditorium
Saturday 1 p.m.-4:30 p.m., 6 p.m.-9 p.m.
Sunday 11 a.m.-noon, 1 p.m.-4 p.m.

Films included: “Everything has a Spirit,” “Trek North 65,” “The Last Indian War—The Posey war,” “Spirit of the Nuche,” “Creation of the Land,” “The Ute Creation Story,” “Children of the Wind River,” “The Ute Bear Dance Story” and “The Utes Must Go.”

There will also be Native American presenters.

Free and open to the public.

Information: Karleen Dunning 248-1687 or Tess Carmichael 243-0752

Coming Events:
Comedienne: Frances Dilorenzo
Sept. 16 @ 8 pm

Pool Tournaments
Sept 19th & Oct 17th @ 7 p.m.

Dance: October 4 11 pm-2 am

HOMECOMING
“MARDI GRAS”

- Wednesday, October 1 Bonfire at 7:30 pm (Music by KMSA)
- Thursday, October 2 Sidewalk Art Contest Judging
  Giant Twister Game 7:00!
- Friday, October 3 Marriott Barbecue
  Mesa State Jazz Band 6:30 pm
- Saturday, October 4 Parade 9:30 am
  Tailgate Party 5:30 pm
  Game 7 pm
  Dance and Mask contest 11 pm-2 am

Dress for Homecoming Dance: Anything goes! It’s MARDI GRAS! - From jeans to formal!

Brought to you by Activities Council, ASG & C.A.B.